

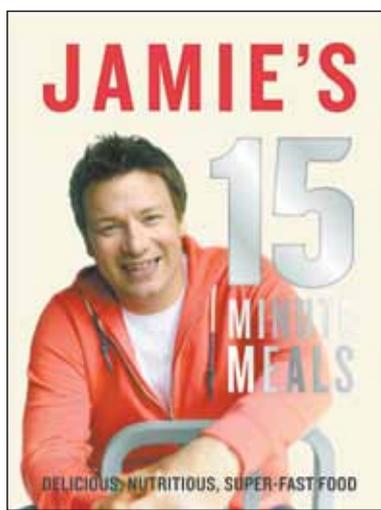
A quickie with Jamie Oliver

He just goes on and on and on, always fresh, always happy and I just adore him. Jamie Oliver deserves every bit of success - he has really earned it. I love that he still appears to be humble and nice and kind and caring.

Following the record breaking success of '30-Minute Meals', Britain's most-popular cookbook of all time, Jamie brings us the even-better '15-Minute Meals'. I am gob smacked at just how many quarter hour meals there are in this beautiful book. The man really is a food wizard!

This book is completely devoted to what most of us are asking for these days - super quick, tasty, nutritious food that you can eat every day of the week. Jayme, being a dad of many little ones, knows that nutrition is important. In creating these recipes Jamie's made sure they are methodical, clever, sociable, fun, resulting in beautiful food full of big flavours. It's a classic book that will arm you with the skills to create wonderful meals, shockingly fast.

He's taken inspiration from all over the world, embracing the tastes that we all love, playing on classic chicken, steak and pasta dishes, looking at Asian-inspired street food and brilliant Moroccan flavours, putting together great salads and so much more. And these are some of the



The cover of 'Jamie's 15 Minute Meals'

quickest and easiest meals Jamie's ever done.

These recipes have been tested and tested to ensure that this book is a reliable companion for you and your family.

The reviews have been suitably glowing:

"Simply brilliant cooking, and Jamie's recipes are a joy" - Nigel Slater
 "Jamie should be given the Victoria Cross" - The Times

Jamie Oliver's previous books include 'The Naked Chef', 'The Return of the Naked Chef', 'Happy Days with

the Naked Chef', 'Jamie's Kitchen', 'Jamie's Dinners', 'Jamie's Italy', 'Cook with Jamie', 'Jamie at Home', 'Jamie's Ministry of Food', 'Jamie Does', '30-Minute Meals' and 'Jamie's Great Britain'. Try naming them all in one breath.

Let's cook - we have time to spare!

Ultimate Pork Tacos

Serves 4

Ingredients:

- Pork
- 350g skinless pork belly
- 1 heaped tsp. fennel seeds
- 1 heaped tsp. sweet smoked paprika
- Beans
- Olive oil
- 1 good pinch of cumin seeds
- 3 spring onions
- 2 cloves of garlic
- 1 x 400g tin of black beans

Salad

- 1 fresh red or green chilli
- 2 little gem lettuces
- ½ a bunch of fresh coriander
- 1 ripe avocado
- 1 large ripe tomato
- 1 eating apple
- Low-salt soy sauce
- 1 tbsp. extra virgin olive oil
- 1 lime

To Serve:

- Lingham's chilli sauce
- 4 tbsp. fat-free natural yogurt
- 8 corn taco shells

Method:

Cut the pork into 1cm dice and tip into the large frying pan with the fennel seeds, paprika, salt and pepper and stir regularly. Put 1 tablespoon of olive oil and the cumin seeds into the medium frying pan. Trim, slice and add the spring onions, squash in the unpeeled garlic through a garlic crusher, then stir in the beans and their juices, and simmer.

Finely slice the chilli, lettuce and most of the top leafy half of the coriander, then halve, destine, peel and chop the avocado, along with the tomato. Toss and pile all this on a platter, coarsely grating or match sticking the apple on top. Ripping a little chilli sauce through the yogurt in a small bowl.

Stir, mush and season the beans to taste. Drizzle the salad with a little soy sauce, the extra virgin olive oil and lime juice, then toss together.

Drain the fat from the pork pan, and then serve everything straight away, with a pile of taco shells and all the other elements, sprinkled with the remaining coriander leaves.

@Jamie's 15 Minute Meals
 Jamie Oliver

Sticky Squid Balls

Serves 4

Ingredients:

Broth

- 2 chicken stock cubes
- 400g sugar snap peas
- ½ a Chinese white cabbage
- 2 fresh red chillies
- 200g tender stem broccoli
- 2 bok choy
- 1 bunch of radishes
- 1 thumb-sized piece of ginger
- 2 tbsp. low-salt soy sauce
- 1 tbsp. fish sauce
- 4 nests of egg noodles
- 2 limes
- Squid & prawns
- 225g fresh squid, gutted and cleaned
- ½ a bunch of fresh coriander
- 225g large raw peeled tiger prawns
- Sweet chilli sauce
- 1 tbsp. sesame seeds

Method:

Pour 1.5 litres of boiling water into the large pan and crumble in the stock cubes. Slice the sugar snaps, cabbage and 1 chilli in the processor, then tip into a large bowl. Trim the ends off the broccoli, quarter the bok choy and add both to the bowl, along with the radishes. Finely grate half the peeled ginger and finely slice half a chilli, then add both to the stock with the fish and soy sauces, and cover with a lid.

Swap to the bowl blade, add the remaining chilli and ginger, the squid (pat dry with kitchen paper first), coriander stalks, salt and pepper, then blitz to a paste, using a spatula to scrape the mixture from the sides after a minute. Put the sesame oil into the frying pan. Use 2 dessert spoons to scrape and dollop the squid around the pan so you get 8 balls. Fry, turning when nicely golden, and adding the prawns after turning.

Stir the noodles and veg into the stock, pop the lid back on and bring back to the boil. Turn the prawns, drizzle over some sweet chilli sauce,

Fooding around with Jenny Morris



scatter over the sesame seeds, and then gently shake the pan to coat. Squeeze the limes into the broth, stir and season to perfection. Ladle the noodles, veg and broth into bowls and serves the seafood on top. Finish with the coriander leaves.

@Jamie's 15 Minute Meals
 Jamie Oliver

Arnold Bennett Frittata

Serves 4

Ingredients:

Frittata

- 250g undyed smoked haddock
- 4 fresh bay leaves
- 8 large eggs
- 6 spring onions
- ½ a bunch of fresh mint
- 1 large handful of frozen peas
- Olive oil
- 5g Parmesan cheese
- Salad
- 2 apples
- 1 lemon
- ½ a bunch of fresh chives
- 1 handful of walnuts
- 75g watercress
- 2 tbsp. extra virgin olive oil
- 30g Emmental cheese

To Serve

- 200g focaccia bread
- 1 lemon

Method:

Put the fish and bay leaves into the casserole pan and cover with boiling water. Pop the focaccia on the very bottom shelf of the grill to toast. Beat the eggs in a large bowl with a pinch of salt and pepper. Trim and finely slice the spring onions and the top leafy part of the mint and mix into the eggs, along with the peas.

Use a fish slice to remove the fish to a bowl, and then flake with a fork, discarding the skin. Turn the heat under the frying pan up to high, add 1 tbsp. of olive oil and pour in the egg mixture. Stir for a minute until it begins to set. Sprinkle over the poached haddock, finely grate over a dusting of Parmesan then put the pan under the grill on the top shelf until cooked through, fluffy and golden (roughly 5 minute).

On a nice large board, match stick or coarsely grate the apples, then quickly squeeze over some lemon juice to stop them discolouring. Finely chop the chives and sprinkle them over the apple. Crumble over the walnuts, add the watercress and drizzle with the extra virgin olive oil, then toss together and season to taste. Speed-peel slices of Emmental over the top.

Get the frittata and focaccia out from under the grill and serve straight away with lemon wedges.

@Jamie's 15 Minute Meals
 Jamie Oliver

TABLE MOUNTAIN CABLEWAY
SUNSET SPECIAL

HALF PRICE FROM 6PM!

VALID FROM:
 1 Nov - 21 Dec 2012
 7 Jan - 28 Feb 2013

1/2 PRICE CABLEWAY TICKETS FROM 6PM
 Available at the Cableway ticket office from 6pm daily.
 Adult return R102.50, Child return R50 (4-17years).

For more information call 021 424 8181
 info@tablemountain.net
 www.tablemountain.net

For the latest weather update,
 SMS Cableway to: 42101 (R1.50/SMS)

TABLE MOUNTAIN AERIAL CABLEWAY