

WEEK TWO

Monday:

Roti with bananas

Ingredients: Roti
 Ripe bananas
 Chocolate chips
 Vanilla ice cream

Cook frozen roti (DO NOT thaw roti) on a non-stick pan, approx. 3 mins each side or until each side is slightly brown. Put cooked roti on a plate and using the back of a fork, mash slices of banana all over the roti. Then sprinkle chocolate chips on top of the banana. Set aside. Cook another roti on the pan. Once cooked, place this on top of the roti with the mashed banana (like a sandwich). Place the "sandwich" roti back on the pan and cook each side for approx. 1 more min each (can be less...aim is only to warm up the banana inside). Once warmed up, put the final product on a plate and top with vanilla ice cream. Feel free to have variations on this as you can add so many ingredients to "spice" up this one 😊

***Since this is quite easy to do, please ask kids who are not doing anything to prepare for tomorrow's (Tuesday) menu. Boil chicken breasts (please do not throw chicken broth!), French cut green beans, julienne carrots, dice onions, mince garlic.

Tuesday

Pancit Sotanghon

Ingredients: 1/3 c veg oil
 2 tsps. minced garlic
 1 onion, diced
 2 pcs chicken breast, previously boiled and flaked
 2 carrots, julienne
 1 c fresh green beans, French cut
 5 c chicken broth

1 lb rice noodles (soaked in water until softened. Drain)

Chopped spring onions (optional)

Heat oil in a wok/ big nonstick pan. Sauté garlic, onions and chicken. Add salt and pepper to taste. Add all the vegetables, sauté for about 1 minute. Pour chicken broth and bring to a boil. Season to taste. Once boiling, add the rice noodles and cook until noodles and vegetables are tender and most of the broth has evaporated. Serve topped with chopped spring onions. In a sauce bowl, combine 2 tbsps. soy sauce and 1 tsp of lemon. This serves as a condiment for this dish.

Wednesday:

Chicken stuffed with spinach and feta cheese

Ingredients: 1 tbsp olive oil
3 c spinach (can be baby spinach)
1 c cheese (feta or any desired cheese)
4 boneless chicken breast
Lemon
Salt and pepper

Slice the top of the chicken, approx. 1 in deep, without completely cutting it but rather creating 4 deep “pockets” on it. Squeeze the juice of 1 lemon on the chicken and rub it very well. Rub sea salt and pepper all over the chicken breasts, including the pockets you created. Set aside.

Preheat oven to 375 F. Line a baking sheet with parchment paper.

Heat oil on a nonstick pan. Sauté spinach and season with salt and pepper. Add feta cheese and mix very well. Remove from heat.

Arrange the chicken breasts on the baking sheet with the sliced side on top. Insert the spinach-feta mixture into each pocket of the chicken and top the chicken breasts with any remaining spinach-feta mixture. If there is no left over spinach mixture left, you can top each chicken breast with grated parm/cheddar cheese. Bake in the oven for 30 mins. Serve.

Thursday

Rosti

Ingredients: 2 pcs boiled potatoes, shredded using the big holes (potatoes shouldn't be mushy like for mashed potatoes. Should be boiled just enough such that it can be grated)

1 c diced ham

1 c minced onions

2 c shredded cheese

Vegetable oil

Salt and pepper

Set oven to broil

In a bowl, mix and season shredded potatoes and onions. Heat 3 tbsps. of veg oil in a non stick pan (make sure pan is very hot and a little smoke is coming out). Put 2 c of potato mixture in the pan and using a rubber scraper, press on the potatoes such that it looks like a pancake. Brown the one side before flipping and then brown the other side. Once cooked, transfer on a baking pan lined with parchment paper. Top the potato with diced ham and shredded cheese then gratinate (broil) in the oven until cheese is melted. Serve.

Friday

Apple Danish

Ingredients: 8 Apples (cored, cut in half and sliced. Add lemon juice to prevent browning)

1 box puff pastry (thawed)

Apricot jam (boil 6 tbsps. of apricot jam and 3 tbsps. cold water, set aside)

Egg wash

Pre-heat oven to 400 F. Line baking sheet with parchment paper.

Cut 1 sheet of puff pastry into 4 equal squares. Arrange puff pastry squares on baking sheet. Brush the sides, 1 in margin, with egg wash. Fold approx. $\frac{1}{4}$ in of the sides toward the middle so that the sides create a "lip". Fill the middle with approx. 2 tbsps. of the cream filling (recipe below), spread it evenly in the middle. Top with the sliced apples. Generously brush the apples and puff pastry with the apricot mixture. Bake for approx. 20 min.

Cream filling: (must be prepared the day before/ahead of time)

Ingredients: 1 c milk
½ c sugar
3 tbsps. flour
2 egg yolks, slightly beaten
2 tsps. vanilla extract

Heat the milk in a saucepan until very hot but not boiling. Combine flour and sugar in a bowl and stir into the hot milk. Mix until well blended. Keep on cooking over low fire until it thickens. Take approx. ½ c of hot milk mixture and mix with the yolks. Blend very well and pour back into the saucepan. Keep on cooking over low fire until mixture is very thick.