



### **Fish Soup a La Spice Girlz** - Serves 4-6

This rich, heart warming and flavoursome soup is perfect served with a simple green salad and crusty bread.

*You will need:*

500ml chicken stock	4 Tbs Spice Girlz Zulu-Lu
350ml white wine	1 diced onion
4 cloves garlic, crushed	1 kg tomatoes
1 bunch of Italian parsley	2 pieces of thick fish
500g mussels	12 squid rings or prawns
1 potato, cubed	1 chorizo sausage, sliced (optional)
Splash of olive oil	

Sauté the onion and garlic in olive oil.

Reduce heat, add wine and cook for a few minutes to reduce.

Add the Zulu-Lu, sausage and potato, stir through then add the tomato and stock, simmer for approx 15 minutes.

Add the seafood and simmer until cooked and the mussels have opened.

Sprinkle with chopped parsley and serve.

Pour yourself a glass of the remaining wine and enjoy!

### **Easy Pork Ribs and Beans with Zulu-Lu** - Serves 3-4

The whole family will enjoy this one!

*You will need:*

12 lean pork spareribs	6 Tbs of Spice Girlz Zulu-Lu
2 tsp olive oil	1 diced onion
1 clove garlic, crushed	1 small red capsicum, diced
1 x 400g drained & rinsed kidney beans	2 cups of tomato passata (or 1 tin of crushed tomatoes)

Place 2 Tbs of Spice Girlz Zulu-Lu and 1 tsp olive oil into a large freezer bag. Add the pork ribs and coat well. Chill for 30 minutes. Heat the BBQ, grill or heavy frying pan. Cook the spare ribs, turning several times until well coloured, crispy edged and just cooked through.

Meanwhile in a small pan, heat 1 tsp olive oil and cook 1 medium diced onion, 1 clove crushed garlic and 1 small red capsicum. Stir until softened.

Add 1x400g tin drained and rinsed kidney beans, 4 Tbs of Zulu-Lu and 2 cups of tomato passata (or 1 tin of crushed tomatoes).

Stir well and cook quickly until slightly reduced, about 10 minutes.

When both the ribs and sauce are cooked, add the spareribs to the sauce and toss well to coat. Cook for 2 minutes.

Serve over rice or polenta with an avocado and green salad

### **Curry in a Hurry with Zulu-Lu** - Serves 4-6

Last minute guests? This will impress!

*You will need:*

1 jar of Spice Girlz Zulu-Lu	1 400ml coconut milk
2 chicken breast fillets or 1kg prawns or 800g white fish fillets	2 handfuls of fresh bean sprouts
1 large bunch of bok choy	1 bunch fresh coriander
Basmati rice or hokkein noodles	

In a medium sized saucepan, combine Spice Girlz Zulu-Lu and coconut milk. Simmer gently until almost boiling.

Add your choice of chicken, prawns or fish fillets and simmer gently for 5 minutes, or until the meat is almost cooked.

Add the fresh bean sprouts, bok choy, sliced or torn into pieces and half the chopped coriander. Stir and briefly heat through.

Spoon over cooked basmati rice or warm hokkein noodles. Garnish generously with remaining coriander.

NOTE: Add thinly sliced red capsicum for colour.

Delish as a laksa- style soup instead of serving with rice.

**Zulu-Lu Fish Skewers with Quinoa** - Serves 2-3 as a main or 4 as entrée or lunch.

*For the skewers you will need*

6-8 wooden skewers, soaked in water for 20 minutes  
2 Large fillets of fleshy white fish e.g Dory or Groper  
2 generous Tbs Spice Girlz Zulu-Lu  
2 Tbs of tomato juice  
The juice of 1 large lemon

Cut the fish into large, even sized cubes. Combine the wet ingredients in a flat dish and mix well. Add the fish and toss to coat. Refrigerate 30 minutes.

Slide skewers into the centre of each fish cube, once complete pour on the remaining marinade

Heat the BBQ or grill and brush with olive oil. Cook the fish skewers, turning gently once or twice to prevent the fish falling apart. Serve immediately.

*For the Quinoa you will need:*

½ onion, thinly sliced  
A knob of butter  
A good splash of olive oil  
1 small cinnamon quill or 1 tsp ground  
¼ tsp turmeric  
½ cup mung dhal lentils, rinsed and picked over  
1 cup quinoa  
1 ripe tomato, chopped roughly  
1 ¾ cup chicken stock

Sauté the onion in the butter and olive oil until soft and translucent.

Add the spices, stirring, then add quinoa and lentils.

Stir to combine then add the stock and tomato.

Bring to the boil, cover and reduce heat to low. Cook until the liquid is absorbed and the lentils tender, about 20 minutes.

To serve place a generous spoonful of quinoa on each plate and rest 2 fish skewers on top.