

# Savoury Snacks

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# Beetroot Dip

 **MAKES**  
2 cups

 **PREP TIME**  
10 minutes

 **COOK TIME**  
no cook

## INGREDIENTS

1 can baby beetroot (450g)



1 cup natural yoghurt



1 garlic clove



Juice from 1 lemon



1 teaspoon ground cumin



¼ teaspoon pepper



¼ teaspoon salt



## METHOD



**1** Open beetroot can. Drain beetroot.



**2** Cut beetroot small.



**3** Put beetroot in a bowl. Mash with a fork.



**4** Peel garlic clove. Cut or grate garlic small.



**5** Add yoghurt, garlic, lemon juice, cumin, pepper and salt to the beetroot. Mix well.



**6** Serve dip with cut vegetables, crackers or pita bread.



## NOTES

- Use 3–4 fresh beetroots, roasted for 45 minutes in pre-heated oven (180oC), then peeled, instead of canned beetroot.
- Can use canned sliced or diced beetroot. Add a can of mashed chickpeas or white beans to make beetroot hummus.
- Dip can be made in a food processor or blender. Use dip in wraps, sandwiches or kebabs.
- Keep dip covered in fridge for 4 days. Freeze dip for 3 months. Thaw well in fridge then mix well before serving.

# Hummus

 **MAKES**  
1 cup

 **PREP TIME**  
10 minutes

 **COOK TIME**  
no cook

## INGREDIENTS

- 1 garlic clove 
- Juice from 1 lemon 
- ½ teaspoon salt 
- 1 can chickpeas (420g) 
- 2 tablespoons tahini 
- 1 teaspoon ground cumin 
- 1 tablespoon olive oil 



## METHOD



**1** Drain and rinse canned chickpeas. Put in a bowl.



**2** Mash chickpeas with a potato masher. Keep mashing until there's no lumps and a paste forms.



**3** Peel garlic clove. Cut or grate garlic small.



**4** Add garlic, tahini, cumin, olive oil, salt and lemon juice to chickpeas. Mix well.



**5** If hummus is too thick, add a small amount of warm water.



**6** Serve hummus with cut vegetables, crackers or pita bread.



## NOTES

- Use 1 cup dried chickpeas, cooked with water and 1 teaspoon bicarb soda on stove for 40 minutes.
- Hummus can be made in a food processor or blender.
- Add a can of beetroot to make beetroot hummus.
- Use hummus in wraps, sandwiches or kebabs.
- Keep dip covered in fridge for 4 days or in freezer for 3 months. Mix well once defrosted.

# Guacamole

## Avocado Dip



MAKES  
1 cup



PREP TIME  
10 minutes



COOK TIME  
no cook

### INGREDIENTS

1 avocado



¼ red onion



1 tomato



1 handful  
coriander



1 lime



¼ teaspoon pepper



¼ teaspoon salt



### METHOD



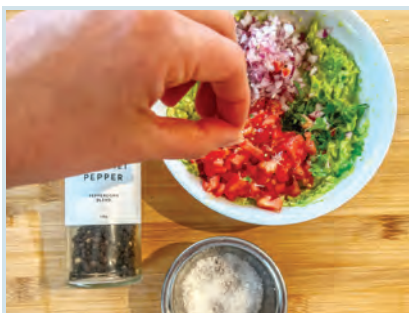
**1** Cut avocado. Remove seed and skin. Mash in a bowl with a fork.



**2** Cut red onion, tomato and coriander small. Put in bowl with avocado.



**3** Cut lime in half. Squeeze juice into the bowl.



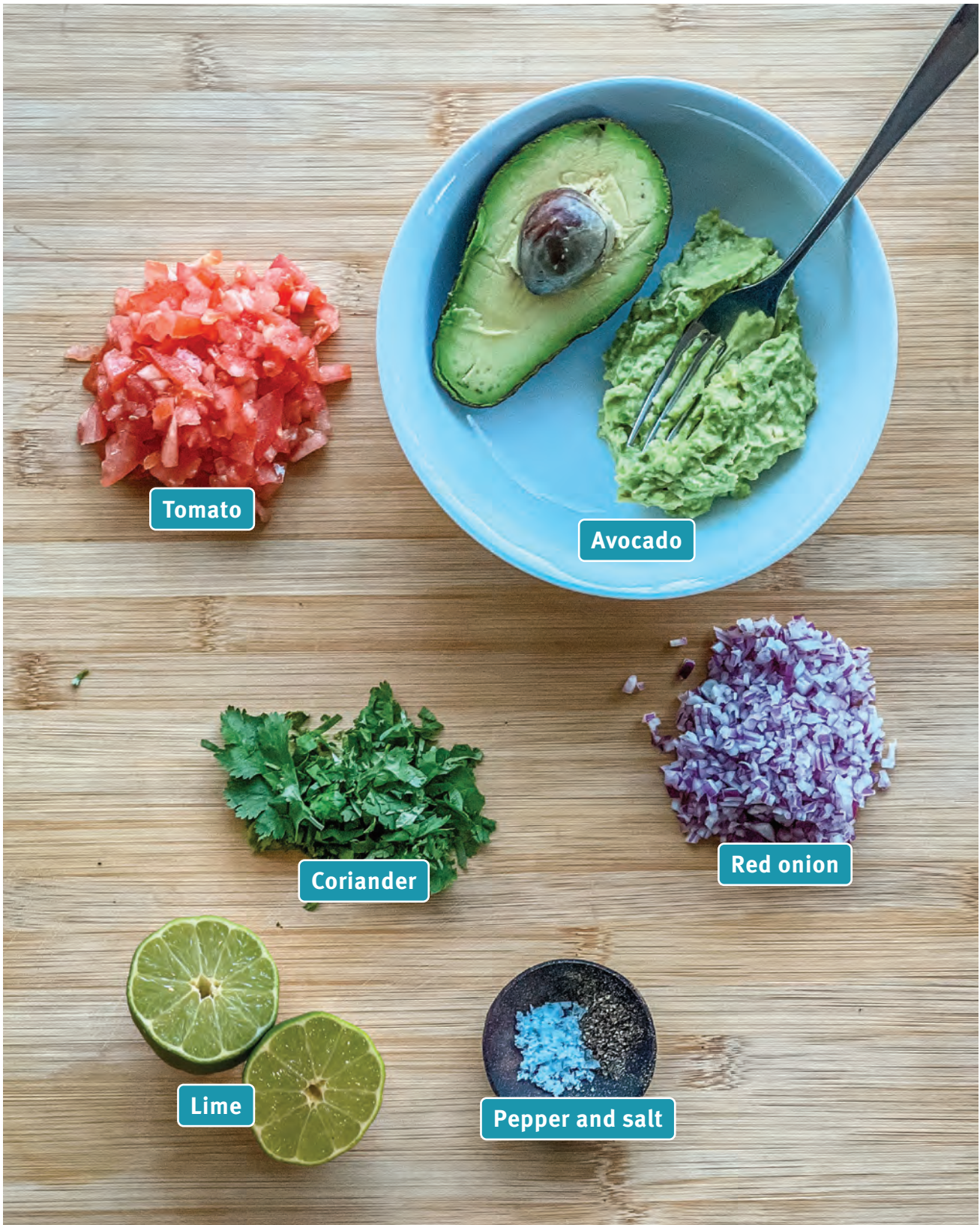
**4** Add salt and pepper.



**5** Mix well.



**6** Enjoy guacamole with cut vegetables.



## NOTES

- Optional: add 1 teaspoon hot chilli sauce, 1 teaspoon Mexican spice mix and/or 2 tablespoons natural yoghurt to make the guacamole spicy and creamy.
- To stop the guacamole going brown, put the avocado seed in the bowl and remove just before serving.
- If you don't have onion, tomato or coriander, you can make it without them. Mash avocado with lime and salt.
- You can use lemon instead of lime.

# Chicken Nuggets



**MAKES**  
40 nuggets



**PREP TIME**  
10 minutes



**COOK TIME**  
12 minutes



## INGREDIENTS

500g chicken breast fillets  
(about 2 small fillets)  
1/3 cup natural yoghurt  
1 cup panko breadcrumbs  
1 teaspoon garlic powder  
2 tablespoons grated parmesan

## METHOD

1. Turn on oven to 180°C.
2. Cut chicken breast into small, flat pieces.
3. Put chicken and yoghurt in a bowl. Mix well.
4. Put breadcrumbs, garlic powder and parmesan into another bowl. Mix well.
5. Put yoghurt-covered chicken into breadcrumb mixture. Mix well with clean hands or a big spoon.
6. Put nuggets on oven tray lined with baking paper. Spread nuggets out so they are not touching.
7. Cook in the oven for 10 minutes.
8. Turn nuggets over. Cook for another 2–5 minutes.

## NOTES

- Add herbs and spices with the breadcrumbs (e.g. dried mixed herbs, paprika).
- Freeze uncooked nuggets: lay flat on an oven tray until frozen, then transfer to a sealed container and freeze for 3 months.
- Cold cooked nuggets can be put in a lunchbox for school. Keep them cold with an ice brick in a cooler bag.
- Cook from frozen for an extra 7 minutes.



Chicken breast

Parmesan

Garlic powder

Natural yoghurt

Panko breadcrumbs

# Chicken Nuggets

## INGREDIENTS

500g chicken breast fillets



1/3 cup natural yoghurt



1 cup panko breadcrumbs



1 teaspoon garlic powder



2 tablespoons parmesan



# Chicken Nuggets

## METHOD



**1** Turn on oven to 180°C.



**2** Cut chicken breast into small, flat pieces.



**3** Put chicken and yoghurt in a bowl. Mix well.



**4** Put breadcrumbs, garlic powder and parmesan into another bowl. Mix well.



**5** Put yoghurt-covered chicken into breadcrumb mixture. Mix well with clean hands or a big spoon.



**6** Put nuggets on oven tray lined with baking paper. Spread nuggets out so they are not touching.



**7** Cook in the oven for 10 minutes.



**8** Turn nuggets over. Cook for another 2–5 minutes.

# Veggie Nuggets



**MAKES**  
28 balls



**PREP TIME**  
20 minutes



**COOK TIME**  
20 minutes



## INGREDIENTS

- 1½ cups broccoli (about ½ a broccoli or 150g)
- 1½ cups cauliflower (about ¼ whole cauliflower or 150g)
- 2 spring onions
- ¾ cup panko breadcrumbs (60g)
- 1 cup grated cheese (90g)
- 1 egg
- 1 tablespoon vegetable oil

## TO SERVE

Homemade tzatziki (garlic yoghurt sauce – page 177)

## METHOD

1. Turn on oven to 210°C. Line a baking tray with baking paper.
2. Cut broccoli and cauliflower into pieces.
3. Cut spring onion small.
4. Boil a pot of water on the stove. Once boiling, add broccoli and cauliflower. Cook for 3 minutes.
5. Drain broccoli and cauliflower. Leave to cool on a plate lined with paper towel.
6. Cut cooked broccoli and cauliflower small.
7. Put vegetables in a bowl with spring onion, panko breadcrumbs, grated cheese, egg and oil. Mix well.
8. Roll nuggets with your hands into balls or logs.
9. Put nuggets on the lined baking tray. Cook in the oven for 10 minutes.
10. Turn the nuggets over using tongs. Cook for another 5 minutes.
11. Serve the veggie nuggets with garlic yoghurt sauce.

## NOTES

- Use other vegetables, e.g. 1 zucchini and 1 carrot, grated.
- Add herbs and spices, e.g. fresh parsley, dried mixed herbs or ground cumin.
- Nuggets can be cooked or reheated in an air-fryer. They are a great lunchbox snack.
- Store nuggets in the fridge for 3 days or freeze for 6 months.



Cauliflower

Broccoli

Spring onion

Grated cheese

Egg

Panko breadcrumbs

Oil

# Veggie Nuggets

## INGREDIENTS

1/2 broccoli



1/4 cauliflower



2 spring onions



3/4 cup panko breadcrumbs



1 cup grated cheese



1 egg



1 tablespoon oil



# Veggie Nuggets

## METHOD



**1** Turn on oven to 210°C. Line a baking tray with baking paper.



**2** Cut broccoli and cauliflower into pieces.



**3** Cut spring onion small.



**4** Boil a pot of water on the stove. Once boiling, add the broccoli and cauliflower. Cook for 3 minutes.



**5** Drain broccoli and cauliflower. Leave to cool on a plate lined with paper towel.



**6** Cut cooked broccoli and cauliflower small.



**7** Put vegetables in a bowl with spring onion, panko breadcrumbs, grated cheese, egg and oil. Mix well.



**8** Roll nuggets into balls or logs.



**9** Put nuggets on the lined baking tray. Cook for 10 minutes.



**10** Turn the nuggets over using tongs. Cook for another 5 minutes.



**11** Serve the veggie nuggets with garlic yoghurt dip.

# Sausage Rolls

## with Beef and Vegetables



**MAKES**  
72 small rolls



**PREP TIME**  
20 minutes



**COOK TIME**  
40 minutes



### INGREDIENTS

1 tablespoon olive oil  
1 onion  
1 carrot  
1 zucchini  
6 mushrooms  
2 garlic cloves  
500g lean beef mince  
2 eggs  
½ cup breadcrumbs  
2 teaspoons dried mixed herbs  
1 tablespoon tomato sauce, plus extra to serve  
1 teaspoon stock powder  
6 frozen puff-pastry sheets, thawed

### METHOD

1. Turn on oven to 180°C.
2. Cut or grate onion, carrot, zucchini and mushrooms. Cut garlic small.
3. Heat olive oil in a pan with medium-high heat. Cook vegetables and garlic for 5 minutes or until soft and cooked.
4. Put cooked vegetables in a bowl. Once cool, add mince, 1 of the eggs, breadcrumbs, dried herbs, tomato sauce and stock powder. Use your hand to mix well.
5. Cut puff-pastry squares into 3 even strips.
6. Shape meat/vegetable filling into a long log shape down the middle of each pastry strip, not too thick. Ensure meat is tight and compact, without gaps.
7. Roll up each strip of pastry, finishing with the seam side down.
8. Cut each log into 4 equal lengths, or just 2 if you want full-size sausage rolls.
9. Put rolls on 2 baking trays lined with baking paper.
10. Crack egg into a small bowl. Mix egg with a fork. Brush each pastry roll with egg.
11. Cook in oven for 30 minutes, swapping tray shelves at 20 minutes, or until the pastry is golden brown.
12. Cool slightly on racks. Serve hot or warm with tomato sauce.

### NOTES

- Use other cut or grated vegetables (e.g. broccoli, beans, celery, sweet potato).
- Use other minced meat (e.g. pork, chicken, turkey, veal).
- After step 10, before cooking, you can store raw sausage rolls in the freezer and cook from frozen.
- Spinach and feta rolls: Swap mince for 1 bag of frozen spinach (defrosted) and 1 packet of feta. Add with other ingredients at Step 4.



# Sausage Rolls

## INGREDIENTS

1 tablespoon olive oil



1 onion



1 carrot



1 zucchini



6 mushrooms



2 garlic cloves



500g lean beef mince



2 eggs



1/2 cup breadcrumbs



2 teaspoons dried mixed herbs



1 tablespoon tomato sauce



1 teaspoon stock powder



6 puff-pastry sheets



# Sausage Rolls

## METHOD



**1** Turn on oven to 180°C.



**2** Cut or grate onion, carrot, zucchini and mushrooms. Cut garlic small.



**3** Heat olive oil in pan, medium-high heat. Cook vegetables and garlic for 5 minutes or until soft.



**4** Put cooked vegetables, mince, 1 of the eggs, breadcrumbs, dried herbs, tomato sauce and stock powder in a bowl. Mix well.



**5** Cut pastry squares into 3 even strips.



**6** Shape filling into a long log shape down the middle of each pastry strip, not too thick. Ensure meat is tight and compact, without gaps.



**7** Roll up each strip of pastry, finishing with the seam side down.



**8** Cut each log into 4 equal lengths, or just 2 if you want full-size sausage rolls.



**9** Place rolls on 2 baking trays lined with baking paper.



**10** Crack egg into a small bowl. Mix egg with a fork. Brush each pastry roll with egg.



**11** Cook for 30 minutes, swapping tray shelves at 20 minutes, or until the pastry is deep golden brown.



**12** Cool slightly on racks. Serve hot or warm with tomato sauce.

# Vegetable Slice



**MAKES**  
15 slices



**PREP TIME**  
10 minutes



**COOK TIME**  
30 minutes



## INGREDIENTS

2 zucchinis  
1 carrot  
1 onion  
1 can corn kernels (400g)  
5 eggs  
¼ cup (60ml) vegetable oil  
1 cup grated cheese  
1 cup self-raising flour

## METHOD

1. Turn on oven to 180°C.
2. Put baking paper in big baking tin (20 × 30cm).
3. Grate zucchini and carrot.
4. Cut onion.
5. Drain corn.
6. Squeeze liquid from zucchini with your hands.
7. Add zucchini, carrot, onion and corn to a bowl. Mix well.
8. Add eggs and oil. Mix well.
9. Add cheese and flour. Mix well.
10. Put ingredients in baking tin.
11. Cook for 30 minutes in oven, or until lightly golden and cooked through.
12. Cool slice on rack. Cut into squares.

## NOTES

- You can use lots of different vegetables for this recipe, e.g. cut capsicum, leftover roasted pumpkin, grated sweet potato, cherry tomatoes or frozen mixed vegetables.
- Keep in the fridge for up to 3 days. To freeze, cut into single-serve pieces, spread out on a tray (pieces not touching). Once frozen, put into an airtight container or ziplock bag.
- You can use a 20 × 30cm baking tin or a glass, ceramic or metal oven-safe container.
- Vegetable slice can be served hot, warm or cold. Serve with a spoon of natural yoghurt and chutney on top.



Zucchini

Corn

Carrot

Onion

Vegetable oil

Grated cheese

Eggs

Self-raising flour

# Vegetable Slice

## INGREDIENTS

2 zucchinis



1 carrot



1 onion



1 can corn kernels



5 eggs



1/4 cup vegetable oil



1 cup grated cheese



1 cup self-raising flour

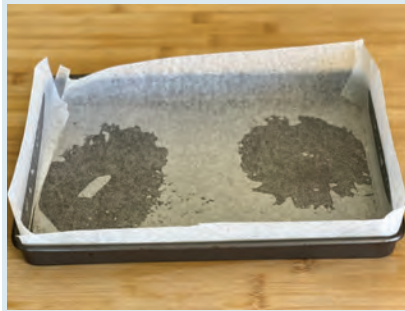


# Vegetable Slice

## METHOD



**1** Turn on oven to 180°C.



**2** Put baking paper in big baking tin (20 x 30cm).



**3** Grate zucchini and carrot.



**4** Cut onion.



**5** Drain corn.



**6** Squeeze liquid from zucchini with your hands.



**7** Put zucchini, carrot, onion and corn in a bowl. Mix well.



**8** Add eggs and oil. Mix well.



**9** Add cheese and flour. Mix well.



**10** Put ingredients in baking tin.



**11** Cook for 30 minutes in oven, or until lightly golden and cooked through.



**12** Cool slice on rack. Cut into squares.

# Vegetable Sushi



**MAKES**  
48 small rolls



**PREP TIME**  
10 minutes



**COOK TIME**  
15 minutes



## INGREDIENTS

1½ cups sushi rice  
2 tablespoons rice wine vinegar  
1 tablespoon sugar  
¼ teaspoon salt  
6 nori seaweed sheets

### FILLINGS

1 carrot  
1 cucumber  
1 avocado

### TO SERVE

Light soy sauce  
Pickled ginger (optional)  
Wasabi paste (optional)

## METHOD

1. Rinse rice with water. Drain well. Put rice and 2¼ cups water in a pan. Put lid on.
2. Turn on heat to high. Once boiling, reduce heat to low. Cook for 15 minutes.
3. Turn off heat. Leave for 5 minutes. Do not open the lid.
4. Put rice in a glass bowl. Slowly add rice wine vinegar, sugar and salt, mixing gently with a wooden spoon. Put bowl of rice in the fridge to cool.
5. Cut vegetables while rice is cooling. Peel carrot and cut long and thin. Cut cucumber thin. Cut avocado in half. Take out seed, then gently remove the skin. Cut through the avocado, then cut long.
6. Put 1 nori sheet, shiny side down, on a sushi mat. With wet hands, put rice on nori sheet, leaving 2cm at the end.
7. Put carrot, cucumber and avocado along the rice, about 2cm in from the bottom edge.
8. Roll sushi mat tightly away from you, until sushi is almost wrapped.
9. Seal top part of the nori with wet fingers.
10. Cut in half, then into smaller pieces.
11. Do it again with remaining rice, nori sheets and vegetables.
12. Serve with soy sauce, pickled ginger and wasabi.

## NOTES

- If you don't have a bamboo mat, you can roll the sushi using baking paper or a tea towel.
- You can add canned tuna, sashimi-grade raw fish, or cooked egg omelette, prawn or chicken.
- Sushi is great for school lunchboxes. Sushi can be stored in the fridge for 1 day.
- You can use white vinegar instead of rice wine vinegar.



# Vegetable Sushi

## INGREDIENTS

1½ cups sushi rice



2 tablespoons rice wine vinegar



1 tablespoon sugar



¼ teaspoon salt



6 nori seaweed sheets



1 carrot



1 cucumber



1 avocado



Light soy sauce



Pickled ginger (optional)



Wasabi paste (optional)



# Vegetable Sushi

## METHOD



**1** Rinse rice with water. Drain well. Put rice and 2¼ cups water in a pan. Put lid on.



**2** Turn on heat to high. Once boiling, reduce heat to low. Cook for 15 minutes.



**3** Turn off heat. Move the pan to cool for 5 minutes. Do not open the lid.



**4** Put rice in a glass bowl. Add vinegar, sugar and salt. Mix well. Put bowl of rice in the fridge to cool.



**5** Cut carrot, cucumber and avocado.



**6** Put nori sheet, shiny side down, on a sushi mat. With wet hands, put rice on nori sheet. Leave 2cm at the end.



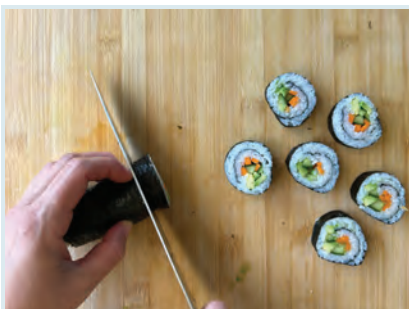
**7** Put carrot, cucumber and avocado along the rice, about 2cm in from the bottom edge.



**8** Roll sushi mat tightly away from you, until sushi is almost wrapped.



**9** Seal top part of the nori with wet fingers.



**10** Cut in half, then into smaller pieces.



**11** Do it again with remaining rice, nori sheets and vegetables.



**12** Serve with soy sauce, pickled ginger and wasabi.

# Bolani

## Afghan Bread Stuffed with Potato, Leek and Chilli



MAKES  
12



PREP TIME  
45 minutes



COOK TIME  
30 minutes



### INGREDIENTS

#### DOUGH

3½ cups plain flour  
(about 500g or ½ bag)  
1 teaspoon yeast  
1 teaspoon salt  
2 tablespoons oil  
1¼ cups water (plus extra as  
needed)

#### FILLING

4–5 washed potatoes  
1 teaspoon oil  
1 onion, cut small  
2 long green chillies, cut small  
2 leeks, cut small (or 6 spring onions)  
1 big handful coriander, chopped  
½ teaspoon each pepper and salt  
1 teaspoon ground coriander  
(optional)  
½ teaspoon ground turmeric  
(optional)

#### TO COOK

2–3 tablespoons oil

### METHOD

1. Put flour, yeast and salt in a big bowl. Mix well. Add oil and water. Mix well to make a dough mixture. As the dough forms, add more water if it's too dry. If it gets too sticky, add a little more flour.
2. Put a bit of flour on the bench. Knead the dough on the bench for 5 minutes or until soft and stretchy.
3. Cover dough with a damp cloth or cling wrap. Leave to rest for 20–30 minutes.
4. Meanwhile, in a pot, cook potatoes covered in water until boiling. Cook on medium-low heat for 15 minutes.
5. Heat pan on medium-high heat. Add cut onion, chilli and leek. Cook for 2–3 minutes until softened.
6. Take potatoes out of water once cooked. Check by inserting a fork. If they're ready, the fork will insert easily. When cool enough, peel and roughly mash or grate the potato.
7. Put potato in a bowl with onion, chilli, leek, coriander, pepper, salt and ground coriander and turmeric, if using. Mix well.
8. Divide the dough into 12 balls (halve, then halve again, then divide into thirds).
9. On a floured bench, roll out one ball using a rolling pin, to make a circle 20–25cm in diameter, about 0.5cm thick (about the same thickness as a tortilla). Repeat with remaining dough balls.
10. Divide the potato-spring onion mixture into 8 portions. Spoon a portion of the filling onto half of the dough circle, leaving a 1cm border around the edge. Fold over the dough to make a half-moon shape, enclosing the filling.
11. Press out any air bubbles by lightly pressing with a flat palm. Pinch the edges firmly with your fingers to seal shut.

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12. Heat 1 tablespoon oil in big pan. Cook bolani for 2–3 minutes on each side, until golden. Remove from pan. Allow to rest on a cooling rack or on a large plate with paper towel.
13. Repeat with making remaining dough fillings, folding and frying.
14. Serve bolani hot with green chutney (page 183) and garlic yoghurt sauce (page 177).

## NOTES

- Bolani can be made with cooked pumpkin or lamb mince although using potato, leek and chilli is most common.
- Bolani can be baked in the oven or air-fryer, sprayed with oil.
- You can keep cooked bolani in the fridge for 2 days. Reheat in the oven.
- Bolani is delicious served with garlic yoghurt sauce (page 177) and/or chilli coriander chutney (page 183).



# Sambusa

## Somali Beef and Vegetable Sambusa



**MAKES**  
24 pieces



**PREP TIME**  
50 minutes



**COOK TIME**  
30 minutes



### INGREDIENTS

#### DOUGH

3 cups plain flour, plus extra  
¼ cup for glue  
1 teaspoon salt  
2 tablespoons oil  
1 cup lukewarm water

#### FILLING

500g beef mince  
1 onion, cut small  
2 garlic cloves, cut very small  
1 teaspoon ginger, cut very small  
2 teaspoons ground coriander  
1 teaspoon ground cumin  
1 teaspoon salt  
½ teaspoon chilli powder  
2 spring onions, cut small  
1 green chilli, cut very small  
1 big handful coriander, cut small  
½ green capsicum, cut small  
½ red capsicum, cut small

Vegetable oil, for frying  
Date tamarind sauce, for dipping  
(page 185)

### METHOD

#### DOUGH

1. Put flour and salt in a big bowl. Add water and oil. Mix well to form a dough ball.
2. Put dough on floured bench. Knead for about 10 minutes. If dough is too dry and not staying together, add a bit more water. If dough is sticky and too wet, add more flour. Keep kneading.
3. Put dough back into the bowl and cover. Set aside while you make the meat filling.

#### PASTRY "GLUE" OR SLURRY

4. Put ¼ cup plain flour and ¼ cup water in a small bowl. Whisk until a glue-like texture forms. Set aside.

#### MEAT FILLING

5. Heat oil in pan with medium-high heat. Add beef mince. Cook until brown.
6. Add onion and garlic. Cook for 2–3 minutes.
7. Add ground coriander, cumin, chilli powder, salt, green chilli, coriander and capsicum. Mix well. Cook for 2–3 minutes.
8. Drain off any liquid. Put the mixture in a bowl to cool.

#### MAKING THE SAMBUSA

9. Divide dough into 6 balls. Squeeze in half to make 12 even balls, about the size of medium apples.
10. Roll each ball into a thin disc, on a floured bench. Repeat with all 12 dough balls. Put 2 flattened discs together, pressing to combine. You'll end up with 6 discs, which will make 24 sambusa.
11. Heat a big pan with medium heat. Cook 1 disc in the dry pan (no oil) for 1–2 minutes on both sides. Repeat with all discs.

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12. Slice each disc in half, directly down the middle, then in half again, to make 4 even quarters/triangles.
13. Pick up 1 triangle with the round/curved edge in your palm and the straight tip of the triangle between your thumb and index finger. Using your right hand, move the right side of the triangle over the left side, leaving a gap at the top. Glue down the dough. There will be a cone with a backside higher than the front side.
14. Add 1 tablespoon of filling into the cone. Tuck the front side of the cone into the backside, closing over the filling.
15. Fold the backside flap over to the frontside, gluing it down. You will have an even-sized sambusa triangle. Repeat with remaining dough triangles and filling to make 24 sambusa.

#### COOK THE SAMBUSA

16. Heat vegetable oil with medium heat, waiting until it is well-heated.
17. Cook 3–4 sambusa at a time, depending on the size of your pan, for 2 minutes on each side until a golden-brown colour.
18. Remove from the heat and cool on a paper-towel-covered plate. Repeat with remaining sambusa.
19. Serve with tamarind date sauce (page 185).

#### NOTES

- Sambusa are similar to samosas. Sambusa are usually filled with meat (beef, lamb or chicken) whilst samosas are typically filled with vegetables (potato and peas).
- Sambusa are common, particularly during Ramadam, in many Arabic-speaking regions. Our recipe is from Somalia, and there are similar sambusa throughout East Africa.
- You can reheat sambusa in the oven or air-fryer. You can freeze sambusa before or after cooking.
- Sambusa can be made using spring roll wrappers or thin tortillas – making the dough is time-consuming.



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# Sambusa

*continued*



# Garlic Bread

 SERVES  
8 people

 PREP TIME  
5 minutes

 COOK TIME  
15 minutes

## INGREDIENTS

2 tablespoons  
olive oil spread



1 teaspoon dried  
herbs



2 cloves garlic



4 multigrain rolls



## METHOD



**1** Turn on oven to 180°C.



**2** Cut garlic small. Mix olive oil spread, garlic and herbs in a bowl.



**3** Cut bread rolls in half.



**4** Put garlic spread on top and bottom inner sides of rolls.



**5** Wrap each roll in aluminium foil (Alfoil).



**6** Cook in oven for 15 minutes.

## NOTES

- Garlic bread can be frozen before cooking. Freeze in the foil and cook from frozen. Cook for an extra 5 minutes.
- Use other varieties of wholemeal or multigrain bread (e.g. baguette). Wholemeal has more fibre and protein than white bread.