



Fundraising Program

Thanks so much for being a part of the **Pepper & Me Fundraising Program** - a hassle-free solution for schools, sports clubs and community groups to fundraise without the need for tedious form filling and money collection.

Whether you're a veteran Pepper & Me user or this is your first time, we wanted to share a selection of some of our favourite recipes with ya to help inspire and make your dishes soar!



Cherie Metcalfe
CEO / Lunch Lady



Moroccan One-pot Chicken

with Man Grind



COOK TIME
50 mins



SERVES
4

INGREDIENTS:

1kg chicken thighs or drums
1 onion sliced
2 cloves garlic crushed
1 carrot chopped
1 can chickpeas drained
100g dried apricots chopped
4 tbsp **Mo'rocckin Paste**

1 cup chicken stock
1 tsp **Man Grind**
1.2 cups couscous
75g baby spinach half bag
½ lemon zest and juice
100g Feta
¼ cup slivered almonds toasted

Yoghurt and mint dressing

½ cup natural yoghurt, seasoned
with **Man Grind**
2 tbsp mayo
10g Mint chopped

⅓ cucumber diced
1 tsp lemon juice

INSTRUCTIONS:

- 1:** Coat chicken in 1 tablespoon of Mo'rocckin Paste and season with Man Grind.
- 2:** In an ovenproof dish add onion, garlic, carrot, chickpeas, apricots and stir together. Pour over chicken stock and about 3 large tablespoons of Mo'rocckin Paste mixed with 1 cup of boiling water.
- 3:** Place chicken thighs on top, cover with the lid or foil and bake in a preheated oven at 190C fan-bake for 50 minutes. Remove the lid half way through cooking to crisp up the chicken.
- 4:** Once cooked remove chicken and cover in foil to keep warm. Pour couscous over the cooking liquid and vegetables and stir together. Replace lid for 5-10 minutes. Fluff up couscous with a fork and fold in baby spinach.
- 5:** Squeeze over lemon juice, grate over lemon zest, crumble feta, sprinkle over almonds. Place chicken back on top of cous cous. Serve with yoghurt dressing and wedges of lemon.

Yoghurt dressing

- 1:** Mix all of the ingredients together and chill until ready to serve.



Curried Sausages

with Goan to Bombay



COOK TIME
30 mins



SERVES
4

INGREDIENTS:

6-8 sausages	1 can chopped tomatoes
1 onion	2 cups beef stock
1 tbsp butter	1 cup frozen peas
1 apple (optional)	¼ cup raisins (optional)
2 tbsp <u>Goan to Bombay</u>	

INSTRUCTIONS:

- 1:** Brown sausages in a casserole or frying pan in a drizzle of oil until three quarters cooked. Remove from pan and set aside.
- 2:** Add butter or oil to the casserole and sauté sliced onions, over a medium heat until softened. If you have pepper and me butter the hot honey butter works well.
- 3:** Add Goan to Bombay and cook out for a minute, add beef stock and canned tomatoes.
- 4:** Slice sausages and add back into the sauce along with thinly sliced apple.
- 5:** Simmer on medium low for 15-20 minutes and add the frozen peas and raisins in last few minutes.
- 6:** Serve with rice or mash.

One Pot Stroganoff

with Man Rub



COOK TIME
30 mins



SERVES
4

INGREDIENTS:

200g mushrooms

1 large onion

500g beef mince

3 tbsp **Man Rub**

2 tbsp tomato paste

1 litre beef stock or stock

cubes to make up 1L

3/4 cup sour cream

300g wide dry lasagna

25g butter

Black pepper

Man Grind

INSTRUCTIONS:

1: In a large deep fry pan or stove top casserole, saute sliced mushrooms in butter until lightly golden. Remove from the pan and set aside.

2: Add sliced onion to the pan and saute, add a touch more butter or little oil if needed. When onion is starting to take on a little colour, add the beef mince and brown, breaking up with a wooden spoon.

3: Add Man Rub and tomato paste.

4: Stir through the Man Rub and tomato paste and saute for a further minute.

5: Add beef stock to pan and then the lasagna noodles, approximately 3/4's of the bag. Return the mushrooms to the pan.

6: Stir through, season generously with Man Grind. This is an important step as the pasta is cooking in the sauce it needs to be well seasoned. Cover with a lid and reduce to a medium heat and simmer for 12-15 minutes, stirring regularly, add a touch of water if it's getting too dry. If you don't have a lid, cover with tin foil.

7: When the pasta is cooked, stir through the sour cream, season with black pepper. Remove from the heat and allow to sit, covered for a couple of minutes.

8: Serve with an additional dollop of sour cream and fresh chopped parsley if you have it. You can also serve with steamed green vegetables.





Chicken & Broccoli Bake

with Man Rub



COOK TIME
30 mins



SERVES
4

INGREDIENTS:

500g chicken breast, diced
1 large head broccoli
2 tbsp **Man Rub**
30g butter
¼ cup flour
1 cup milk
¼ cup sour cream or light sour cream
1 cup chicken stock

1 tsp wholegrain mustard

Man Grind

½ cup grated cheese

Lemon Herb Crumb or **Moroccan Dukkah Crumb**

25g butter

Black pepper

INSTRUCTIONS:

- 1:** Preheat oven to 180C.
- 2:** Toss diced chicken in Man Rub and brown in a dash of olive oil for about 5 minutes.
- 3:** Blanch broccoli in a pot of boiling water for 1 min. Do not cook fully as it will cook more in the oven. Drain and run under the cold tap to stop cooking.
- 4:** Arrange broccoli in a baking/casserole dish, then add the chicken in an even layer.
- 5:** For the sauce, make a roux with the butter and flour. Melt butter in a saucepan, whisk in flour and gradually add milk and stock until a smooth sauce comes together. Season with Man Grind and add mustard. Cook out the flour for about 2 minutes.
- 6:** Whisk in sour cream.
- 7:** Remove from the heat and stir through cheese until melted.
- 8:** Pour the sauce over the chicken and broccoli.
- 9:** Sprinkle with a little lemon and herb crumb or crumb of your choice, any will work. Bake for 15 minutes until golden and bubbling. Serve with mashed potato or cauliflower mash.



Enchilada Orzo

with Mexellent Paste



COOK TIME
30 mins



SERVES
4

INGREDIENTS:

1 onion, diced

¼ cup **Mexellent Paste**

1 can chopped tomatoes

1 ½ cup orzo

1 can red kidney beans or black beans

½ cup frozen corn

1 tbsp olive oil

3 cups water

1 tsp vege stock powder or stock cube

2 capsicums, diced

½ cup grated cheese

Man Grind

Avocado, to serve

Fresh coriander to serve

INSTRUCTIONS:

1: In a dutch oven or oven safe deep fry pan, saute diced onion in olive oil over a medium to high heat until slightly soft.

2: Add Mexellent Paste and saute for one minute, add canned tomatoes and orzo, stir to combine.

3: Add water, stock powder, season generously with Man Grind and reduce to a simmer for 10 min, stir occasionally.

4: After 10 minutes add diced capsicum, frozen corn and beans, stir gently and add a further half cup of water if it is looking too dry. Cook for a further 10 minutes.

5: Turn oven to grill.

6: Taste the orzo dish to check that pasta is cooked and check seasoning. Add additional Man Grind if needed.

7: Top with grated cheese and grill until cheese is melted and bubbling.

8: Remove from the oven and set aside for 5 minutes.

9: Top with fresh chopped coriander, sliced avocado and sour cream and serve.



Dude Ranch Cobb Loaf

with Dude Ranch



COOK TIME
40 mins



SERVES
6

INGREDIENTS:

1 round cobb loaf or similar
250g block cream cheese
1 can reduced cream
200g streaky bacon
1 ½ cup grated cheese
(we used a pizza blend)

4 spring onions
4 tbsp [Dude Ranch](#)
1 tsp [Man Grind](#)

INSTRUCTIONS:

- 1:** Fry or bake bacon until crispy then finely chop.
- 2:** Soften the cream cheese in the microwave for 30 seconds then add to a large bowl.
- 3:** Add the reduced cream, grated cheese, dude ranch and Man Grind and mix until well combined.
- 4:** Finely chop the spring onions and add to the cream cheese along with the diced bacon.
- 5:** Hollow out the inside of the Cobb loaf so you are left with a bowl. Save the inside bits of bread for dipping. Fill the loaf with the dip mixture.
- 6:** Bake at 180C Fan Bake for 30 minutes or until the dip is cheesy and melted in the center.



Millionaire Pasta Bake

with Italian Stallion

 COOK TIME
45 mins

 SERVES
4

INGREDIENTS:

250g spaghetti
1 cup grated cheese

Meat Sauce

500g beef mince
Olive oil
1 onion, finely diced
1 carrot, grated
1 zucchini, grated
2 tbsp Italian Stallion
1 tbsp sugar

500g tomato passata
1 can chopped tomatoes
1 cup water
1 beef stock cube
Man Grind to taste

White Sauce

75g butter
⅓ cup flour
2 cups milk
1 tbsp Dude Ranch

INSTRUCTIONS:

- 1:** Saute finely diced onion in a drizzle of olive oil over a medium high heat for 1-2 minutes.
- 2:** Add mince and brown for 4-5 minutes, breaking it up with a wooden spoon.
- 3:** Add Italian Stallion, grated carrot and zucchini.
- 4:** Cook off for a couple of minutes, then add chopped tomatoes, water, stock cube, passata and sugar. Season with Man Grind to your taste. Reduce heat and simmer for 25 min to thicken and reduce, alternatively you can chuck it in the oven for 25 minutes if using a cast iron pot.
- 5:** While the meat sauce is simmering, cook pasta in a pot of salted water. We seasoned with Man Grind for extra flavour.
- 6:** To make the white sauce, melt butter in a saucepan and add flour and Dude Ranch, whisk and cook out for a minute before adding the milk. Whisk until well combined and simmer for 5-7 minutes over a medium low heat until thick, stirring regularly. Season with a little Man Grind if needed.
- 7:** To assemble the dish take a large shallow casserole or oval kitco (or a deep lasagna type dish), add the drained spaghetti and pour in the white sauce, mix well to coat the spaghetti in the white sauce.
- 8:** For the next layer pour over the meat sauce and spread in an even layer, sprinkle over the grated cheese and bake at 180C for 20-25 minutes or until the cheese is melted and bubbling.





Spinach & Cream Cheese Stuffed Chicken

with Blow my Coals



COOK TIME
45 mins



SERVES
4

INGREDIENTS:

4 chicken breasts medium sized
250g block cream cheese
300g frozen spinach defrosted
1 tsp [Man Grind](#)
1 tbsp [Blow my Coals](#)

1/3 cup sundried tomatoes chopped
1 1/2 cup [Lemon Herb Crumb](#)
2 eggs
1/2 cup flour

INSTRUCTIONS:

- 1: Preheat oven to 180C Fan Bake.
- 2: Defrost the spinach and give it a good squeeze to remove any excess water.
- 3: Soften cream cheese for 20-30 seconds in the microwave.
- 4: Add the cream cheese to a large bowl with the spinach and sundried tomatoes. Season with Man Grind and Blow my Coals and mix thoroughly until well combined.
- 5: To prepare the chicken breast, butterfly the breast open, leave the tenderloin on.
- 6: Cover the breast with glad wrap and using a rolling pin or meat tenderizer hammer out the chicken so it is an even thickness. This will make rolling a lot easier.
- 7: To fill the chicken breast, pipe or spoon in 1/4 of the filling along the center of the breast. Fold/roll the chicken around the filling to enclose it.
- 8: Beat the eggs together and set up a crumbing station. In one bowl place the flour, another bowl the crumb, another the eggs.
- 9: To crumb the chicken, roll it fully in the flour and then into the egg to coat and then the crumb.
- 10: Heat a fry pan over a medium high heat and add a generous drizzle of oil and now fry the chicken on all sides until lightly golden. This is just to sear the crumb.
- 11: Once seared on all sides place in a baking tray and bake for 18-20 minutes.
- 12: Leave to rest for a few minutes before slicing.



Creamy Chicken Gnocchi

with Italian Stallion



COOK TIME
20 mins



SERVES
4

INGREDIENTS:

500g chicken breast (or thigh)

½ tsp Man Grind

1 tbsp butter

3 cloves garlic, minced

½ cup sun-dried tomatoes, sliced

1 tsp Italian Stallion

¼ cup white wine

1 ½ cups chicken stock, warmed

1 cup cream

1 bag baby spinach

500g gnocchi

2 tbsp parmesan cheese

INSTRUCTIONS:

1: Season your chicken with Man Grind.

2: Heat your large, KitCo shallow casserole with a dash of olive oil over a medium high heat. Add your chicken and fry until brown on both sides.

3: Add the butter, garlic, sun-dried tomatoes and Italian Stallion to the pan and mix. Cook until fragrant, about 30-60 seconds. Add the white wine and, using a spatula, deglaze the pan. Allow the wine to bubble away for a minute to burn off the alcohol. Add the chicken stock then pop the lid on your pan and simmer over a low heat until chicken is cooked through.

4: Remove the chicken from the pan and slice into strips. Return the chicken and any juices back to the pan along with the cream, gnocchi and spinach. Pop the lid back on and bring up to a simmer. Simmer for 5 minutes or until the gnocchi is cooked through and the spinach has wilted.

5: Stir through the parmesan then taste. Add more Man Grind if needed.

6: Serve in nice big pasta bowls with a good dose of freshly cracked black pepper. Enjoy!



Malaysian Chicken Curry

with Goan to Bombay



COOK TIME
45 mins



SERVES
6

INGREDIENTS:

6 chicken thighs	4 large agria potatoes, peeled
3 tbsp <u>Goan to Bombay</u>	1 cinnamon stick
2 white onions	1 star anise
1 tbsp fresh ginger	500ml chicken stock
1 tbsp fresh chopped garlic	400ml coconut cream
50g butter or ghee	

INSTRUCTIONS:

- 1:** Slice the chicken thigh, toss in Goan to Bombay seasoning and pop aside.
- 2:** Slice the onion and add to a standard casserole dish, on a medium heat with the butter or ghee, garlic and ginger. Cook until translucent, then add chicken thigh.
- 3:** Dice the potatoes into bite sized chunks, 2-3cm.
- 4:** Once the chicken has browned on all sides add the potatoes to the dish and stir well to coat in the seasoning.
- 5:** Deglaze with the chicken stock, then add in the cinnamon and star anise. Stir well and bring to a simmer.
- 6:** Once stock has been simmering for around 10 minutes, add the coconut cream. Cook for a further 30 minutes over a gentle medium heat or alternatively pop the casserole dish uncovered, in the oven at 180C for 30 min.
- 7:** Serve with jasmine rice and roti.

A top-down view of a meal. In the center is a black bowl filled with a rich, orange-red butter chicken sauce, topped with a garnish of fresh green coriander leaves. To the left of the bowl is a white plate with several golden-brown, slightly charred naan breads. Above the bowl is a silver metal bowl filled with white basmati rice, topped with sliced almonds and a small sprig of coriander. The entire meal is set on a dark blue surface with a white polka-dot pattern. A silver fork and a gold spoon are partially visible on the right side.

Butter Chicken (Takeaway style)

with Tit'illating Tandoori Paste

 COOK TIME
35 mins

 SERVES
4

INGREDIENTS:

100g [Tit'illating Tandoori Paste](#)

4 large chicken thighs boneless and skinless

2 tbsp tomato paste

1 chipotle pepper chopped or 1 tbsp chipotle sauce

300g tomato passata

1 cup cream

2 tsp sugar

2 onions very finely diced or blended

2 tbsp butter or ghee

1 tsp [Whatevz Mum](#)

INSTRUCTIONS:

1: Slice the chicken thigh and if possible marinade in the Tandoori paste overnight, or a few hours before its time to cook.

2: Cook off the diced onions in the butter or ghee, until translucent and well cooked.

3: A blended onion goes down better with the kiddies and gives you a super smooth sauce.

4: Crank the heat up and add the chicken thigh that's coated in the Tandoori paste.

5: Sear quickly for 30 seconds on each side.

6: Turn back down to a medium heat and add the tomato paste and passata, the sugar, chipotle and a few grinds of the Whatevz Mum salt to taste.

7: Once the tomato and chicken mixture starts to simmer, add the cream (use coconut cream for a dairy free substitute).

8: Stir to mix, and reduce gently for about 15 minutes until the chicken is tender and the sauce is thick and creamy.

9: Serve with rice and naan, and fresh coriander leaves if desired.

The Sausage Rolls with Pork, Fennel & Apple

with Blow my Coals



COOK TIME
35 mins



SERVES
10

INGREDIENTS:

500gm chicken mince
500gm pork sausage meat
2 apples
2 carrots
2 onions
2 tbsp oil

3 tbsp **Blow my Coals**

1 tbsp fennel seeds

1 eggs

Tik Tok or **Mother Dukkah** for sprinkling

6 to 8 sheets of pre rolled puff pastry

INSTRUCTIONS:

1: Peel and very finely dice (or blend) the onions and carrots.

2: Add oil, carrots and onions to a saucepan on a medium heat. Gently cook these down to what will become almost a paste, then add the Blow my Coals and fennel seeds, stir through and remove from the heat. This is your secret sausage roll flavor boost.

3: Pop the chicken mince, pork sausage meat into a large bowl. Grate the two apples (skin on is fine) and add to the meat. Add the onion paste once cool, and mix really well to season all the meat.

4: Whisk the egg with a splash of water, and lay out the pastry sheets. Using a pastry brush, coat each sheet liberally with the egg wash.

5: Add filling to each piece of pastry, shaped like a log, across the middle of the pastry from end to end.

6: Roll up into a log, and wrap it back in the blue plastic that comes with the pastry. Pop the seam on the bottom side.

7: Repeat until all sausage meat has gone. The logs can now either be frozen, sit in the fridge till needed, or sliced and baked!

8: When ready to cook, remove the blue wrappers and cut each log into four. Brush with egg wash and sprinkle with either Tik Tok or Dukkah.

9: Bake for 35 minutes at 190 degrees, until the pastry is looking golden and the meat cooked through. Serve warm with tomato kasundi.





Raspberry cheesecake blondie

with Bakers Blend



COOK TIME
35 mins



SERVES
8

INGREDIENTS:

100g butter
180g white chocolate
⅓ cup sugar
2 large eggs
¾ cup flour
½ tsp **Bakers Blend**
1 cup frozen raspberries

Cheesecake Layer

200g cream cheese, room temp
1 egg
⅓ cup sugar
1 tsp vanilla

INSTRUCTIONS:

- 1:** Preheat oven to 180C.
- 2:** Melt the white chocolate and butter together over a very low heat, microwave or over a double boiler. Set aside for a minute or two to cool slightly. It can begin to look a bit split but will come together when you add the sugar and eggs.
- 3:** Once melted whisk in sugar and add eggs one at a time, mix the eggs through quickly until well combined.
- 4:** Fold in flour and Bakers Blend.
- 5:** Pour into a lined slice tin and scatter with 3/4s of the raspberries.
- 6:** To make the cheesecake layer, beat the cream cheese, egg and sugar together for 2-3 minutes until sugar is dissolved and the mixture is smooth.
- 7:** Dollop the cheesecake layer on top of the base layer.
- 8:** Lightly run a knife or teaspoon through the layers to marble slightly and scatter with the remaining raspberries.
- 9:** Bake for about 25 minutes or until the middle is set, it will still have a little wobble but should be firm to touch.
- 10:** When you remove it from the oven it will have puffed up and will sink a little as it cools. Cut into slices and serve!



Sundried Tomato, Sage & Parmesan Meatballs

with Italian Stallion



COOK TIME
35 mins



SERVES
8

INGREDIENTS:

500g chicken mince
600g good quality pork sausages
2 slices bread
⅓ cup milk
100g sun dried tomatoes
2 tbsp chopped fresh sage or oregano
50g parmesan
½ onion
1 egg

Man Grind

Sauce

1 tbsp crushed garlic
1 onion
2 tins of diced tomatoes (or 1.8kg fresh diced)
2 tbsp tomato paste
1 tsp Italian Stallion
1 tbsp balsamic vinegar
1 tsp Man Grind
4 sage leaves
1 tbsp brown sugar

INSTRUCTIONS FOR MEATBALLS

- 1:** Preheat oven to 220c fan bake
- 2:** Soak the bread in milk
- 3:** Add chicken mince to a large bowl and squeeze the sausage meat from the pork sausages.
- 4:** Finely chop sundried tomatoes and onion and add to the chicken and pork mix along with the herbs, egg and milk soaked bread
- 5:** Grate the Parmesan with a fine grater and add to the bowl.
- 6:** Season generously with Man Grind and using your hands mix thoroughly until everything is well incorporated, it is quite a wet mixture.
- 7:** Using wet hands roll spoonfuls of the mix into meatballs and place on a lined tray.
- 8:** Bake for 10-12 minutes depending on the size. The meatballs should be lightly golden.

INSTRUCTIONS FOR SAUCE

- 1:** Add oil to a casserole dish on a medium heat on the stove top.
- 2:** Peel and finely dice the onion and add this in. Cook for a couple of minutes until beautifully soft and translucent. Add the crushed garlic, tomato paste and sage leaves.
- 3:** Add the Italian Stallion, and Man Grind. Stir, then pour in the tomatoes.
- 4:** Stir and once the mixture starts to simmer, turn it down to a low heat. Cook slowly for around 10 mins, stirring every once in a while.
- 5:** Add the brown sugar and balsamic vinegar, stir. Leave for a few minutes to let the sugar dissolve, then turn off the heat and remove the sage leaves.
- 6:** Let the sauce cool, and blend with your stick blender - or leave chunky if you prefer!

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