

FROM CAN TO PAN – RECIPES EPISODE 4

RECIPE 1: SALMON WITH PINEAPPLE, LEMON AND CAPERS

Ingredients:

4 salmon fillets
1 can pineapple chunks
1/2 onion, sliced
1 tablespoon capers
1 tablespoon olive oil
lemon, juiced
1 pinch salt and ground black pepper to taste

Method:

1. Preheat an oven to 190°C (375°F).
2. Place the salmon fillet in a baking dish - top with the pineapple chunks, onions, and capers.
3. Drizzle the olive oil and lemon juice over the salmon.
4. Season with the salt and black pepper.
5. Cover the baking dish with aluminum foil.
6. Bake in the preheated oven until the salmon flakes easily with a fork, about 25 minutes.



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RECIPE 2: TANGY AND SPICY PRAWNS

Ingredients:

20 prawns, shelled and de-veined
1 teaspoon salt
1 teaspoon pepper
1 teaspoon cornflour (Maizena)
1 tablespoon oil
1 small red chilli, diced
1 tablespoon finely chopped garlic
1 spring onion, sliced
1 medium onion, sliced
1 green pepper, sliced
2 tablespoons tomato ketchup
2 tablespoons pineapple juice (from the tin of pineapples)
1/2 teaspoon chilli sauce
8 slices tinned pineapple, diced
65g roasted cashews

Method:

1. Season prawns with salt, pepper and cornflour. Let sit for 10 minutes.
2. Heat a large frying pan with 1 tablespoon oil over high heat. Pan-fry the prawns until cooked through, about 3-4 or until no longer translucent. Set aside.
3. Heat the same frying pan with 1 tablespoon oil over high heat. Saute the chilli, spring onions and garlic until aromatic, about 2-3 minutes.
4. Stir in the onion and salt; cook until soft, 3-4 minutes.
5. Stir in the green pepper, tomato ketchup, pineapple juice and chilli sauce.
6. Add pineapple, cashews and prawns; mix well. Serve.