



FREE GIFT



MINI RECIPE BOOK · SUMMER 2026

Summer with AMC – Mini Recipe Book

12 free AMC recipes for hot days — starters, mains, desserts and cool drinks, each with a ready-to-type Checkers Sixty60 / Woolworths Dash shopping list.



Free gift from Dominique Campher, Independent AMC consultant

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COOKING WITH THE AMC AIR

AMC Air (R3,850) and AMC's own how-to guides

BRAAI SEASON WITH AMC

The AMC Braai and AMC's braai range

BRAAI SALADS & SIDES

Fresh three bean salad	Braai side
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SHOPPING LISTS

One list per recipe, grouped by aisle for the Checkers Sixty60 and Woolworths Dash apps
Combined “summer menu” list per section

FREE DEMO & OFFERS

For new and existing AMC clients

All recipes are AMC South Africa's own free recipes, reproduced as published on amcsa.co.za, with AMC's own photographs. Where a step names an AMC unit (Chef's Pan, Gourmet, Dome), use the closest pot or pan you have.



Smoked snoek pâté

Makes approximately 500 ml

Are you having friends and family over and you need a simple starter? Smoked snoek pâté is a South African favourite that you can make at home in just a few steps. Serve with a selection of crackers or fresh breads and pickles.

INGREDIENTS

1 small onion, chopped
 1 clove of garlic, crushed
 1 small red chilli, seeded and chopped
 250 g smoked snoek, deboned, skinned and flaked
 250 g smooth cottage cheese
 15 ml fresh lemon juice
 10 ml Worcestershire sauce
 Tabasco sauce to taste
 freshly ground black pepper to taste

METHOD

1. Heat an AMC 24 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area.
2. Sauté onion, garlic and chilli until onion is transparent.
3. Place snoek in a food processor with onion mixture and blend. Add the remaining ingredients and blend to form a smooth mixture. Season to taste. Do not add salt as the smoked snoek is rather salty.
4. Spoon into a bowl and refrigerate for 1 hour. The pâté will set once chilled.

Tips & variations · Add 5 ml fish masala for extra flavour. · Replace snoek with 1 ½ tins (170 g each) well-drained tuna. · Prepare pâté with a tin of salmon and replace chilli with 20 ml fresh, chopped or 10 ml dried dill. · Replace Worcestershire sauce and Tabasco with Thousand Island dressing to taste. · Add the chilli seeds for a stronger flavour.

STARTERS & LIGHT BITES



Brinjal carpaccio

Serves 4

Eggplants are so versatile - you can steam, braise, grill or fry them. If you enjoy brinjals, then you will love this delicate dish and its combination of flavours. Serve as a light starter or side dish or with some crusty bread as lunch.

INGREDIENTS

100 ml olive oil
 1 small clove of garlic, crushed
 10 ml freshly grated lemon rind
 salt and freshly ground black pepper
 2 medium brinjals
 150 g mozzarella balls, quartered
 or Pecorino shavings

METHOD

1. Whisk all the ingredients together, except brinjals and cheese, and season to taste.
2. Slice the brinjals lengthwise in 3 - 5 mm slices. Meanwhile, preheat an AMC 28 cm Chef's Pan over a medium temperature until the Visotherm® reaches the first red area. Fry slices on both sides until golden brown and cooked - no oil should be necessary if your temperature is on medium.
3. Spoon fried slices into an AMC 20 cm Dome , pour some dressing over the warm slices and leave to cool. Fry and marinate the remaining slices, but keep some dressing to serve.
4. Refrigerate for one hour. Arrange on individual plates or on a large platter with cheese in between. Serve with crusty bread, a good grind of black pepper and dressing on the side.

Tips & variations · Substitute Mozzarella or Pecorino with feta.

STARTERS & LIGHT BITES



Nectarine and blue cheese salad

Serves 4 - 6

When nectarines are in season, I inevitably feel the need to make this delicious salad. The different flavours in this salad complement one another beautifully and it is so pretty to serve to guests. Delicious as a side with roast chicken or even as a starter with bread of your choice.

INGREDIENTS

Dressing

50 ml olive oil

30 ml apple cider or raspberry vinegar

20 ml honey

10 ml mild wholegrain mustard

salt and freshly ground black pepper to taste

5 large fresh mint leaves, thinly sliced

Salad

150 g asparagus, well washed

50 g pecan nuts or roasted flaked almonds or 50 - 75 ml roasted sunflower seeds

120 - 150 g mixed lettuce, baby spinach or herbs, such as rocket and watercress

4 - 6 firm, but ripe nectarines, sliced into thin wedges

50 g blue cheese or goat's cheese, coarsely crumbled

40 - 50 fresh mint leaves

METHOD

1. Dressing: Whisk all the ingredients (except the mint) together and season to taste. Gently stir in mint and leave to stand for 15 - 20 minutes.
2. Meanwhile prepare the salad. Place asparagus in an AMC Dome and pour boiling water over. Leave to stand for 5 - 10 minutes, depending on their thickness and drain. Immediately pour cold water over, leave to cool for a few minutes and drain very well.
3. Assemble salad by layering all the ingredients together. Serve with the dressing.

Tips & variations · If asparagus is unavailable or too expensive, I often substitute it with blanched green beans or broccoli florets. · To roast almonds or seeds: Preheat an AMC 24 cm Chef's Pan over a medium temperature until the Visiotherm reaches the first red area. Place nuts or seeds in unit and toss to gently roast. Take care as they burn easily. · Add strips of roasted chicken and serve as a light meal. Alternatively, marinate chicken in some of the dressing, pan-fry and slice. Allow to cool and add to salad. · Substitute nectarines with yellow cling peaches, mango or even grapes.



Pan-fried prawns & chorizo with chimichurri sauce

Serves 2

This summer supper is super easy to prepare, and the bright green Chimichurri sauce adds a beautiful pop of colour to your plate. This recipe serves two, but you can easily double or triple the ingredients to feed more.

INGREDIENTS

Sauce

- 30 g flat leaf parsley leaves
- 10 g oregano leaves
- 4 garlic cloves
- 5 ml smoked chilli flakes
- pinch of smoked paprika (optional)
- 60 ml red wine vinegar
- 180 ml olive oil
- salt and freshly ground black pepper to taste
- 125 g Chorizo, thinly sliced
- 400 g cleaned and deveined frozen prawn tails, thawed overnight or soaked in cold water
- olive oil for drizzling

METHOD

1. Sauce: Place herbs, garlic, chilli, paprika and vinegar in a food processor and pulse until very finely chopped, almost liquidised, and bright green.
2. Spoon into a bowl and slowly add the oil in a steady stream whisking all the while, until you've reached a thickish salad dressing consistency. Season with salt and pepper. Set aside or chill in the fridge until ready to use.
3. Heat an AMC Gourmet Paella Pan over a medium temperature until the Visiotherm reaches the first red area. Add the chorizo and fry until almost crispy. Add a little oil if necessary.
4. Add the prawns and fry, tossing them with the chorizo until they are bright pink and opaque. Season to taste. Serve immediately drizzled generously with chimichurri. Enjoy with crispy bruschetta on the side.

Tips & variations · The longer it stands the more the flavour will develop. · To make bruschetta: Slice ciabatta and toast in the oven until golden and crispy. Rub with raw garlic and drizzle with olive oil.

Recipe developed by AMC Brand Ambassador Carey Erasmus.

SUMMER MAINS



Chicken and strawberry salad

Serves 4 - 6

Adding fruit to a salad may seem strange to some, but it can add amazing flavour to what would otherwise be a plain salad. If strawberries aren't available, easily substitute them with another summer fruit such as grapes, nectarines or slices of mango.

INGREDIENTS

Dressing

60 ml olive oil
 30 ml raspberry or apple cider vinegar
 10 ml wholegrain mustard
 10 - 15 ml honey
 2,5 ml dried thyme
 salt and freshly ground black pepper to taste

Salad

6 chicken breast fillets
 150 - 200 g fine green beans
 70 - 100 g rocket or mixed lettuce
 300 g strawberries, halved
 4 - 6 spring onions, diagonally sliced

METHOD

1. Whisk the dressing ingredients together and season to taste. Toss the chicken in 30 ml of the dressing and keep the rest separate. Marinate the chicken for 10 - 15 minutes.
2. Heat an AMC 28 cm Chef's Pan, 24 cm Chef's Pan or 24 cm Synergy Skillet over a medium temperature until the Visiotherm reaches the first red area. Fry the chicken golden brown on both sides. Cover with lid and reduce heat to its lowest setting. Simmer for 5 - 7 minutes or until just cooked, but not dry. Season, spoon out and set aside to cool.
3. Place the beans in the same unit. Increase the heat to medium again and sauté beans until just tender. Remove from unit, season and allow to cool.
4. Meanwhile slice the chicken in diagonal slices. Assemble the salad on individual plates or a platter by layering all the salad ingredients. Drizzle with dressing and serve with a bread of your choice.

Tips & variations · Avocado, asparagus or even cucumber can be used with the fruit or as a substitute. · No-cook version: Substitute chicken with smoked salmon or smoked chicken. Blanch beans in boiling water. Allow to stand for 5 minutes and refresh in cold water.

SUMMER MAINS



Classic beef burger

Makes 4–6 patties

A good patty recipe is great to have on hand. Enjoy 'fakeaways' at home with this delicious AMC recipe. The mushroom topping adds a lot of flavour and is our healthier take on a creamy mushroom sauce.

INGREDIENTS

500 g lean beef mince
 20 ml (4 tsp) ground coriander
 10 ml (2 tsp) ground cumin
 75 ml (5 tbsp) chopped fresh Italian parsley
 1 extra large egg, beaten
 60 ml (¼ cup) uncooked ordinary oats
 Salt and pepper to taste
 30 ml (2 tbsp) olive oil
 1 large onion, quartered and thinly sliced
 3-4 large brown mushrooms, thickly sliced
 10 ml (2 tsp) wholegrain mustard, or more to taste

Tips & variations · To save time, mix and shape the patties in advance. Cover and allow to rest in the fridge until you are ready to fry and serve.

METHOD

1. Place mince in a large bowl and break it up with a big fork. Add remaining ingredients except the oil, onion, mushrooms and mustard. Season to taste. Mix well with a wooden spoon or by hand.
2. Shape mixture into 4-6 large even-sized patties and flatten slightly with the palm of your hand (see tip).
3. Heat an AMC 24 cm or 28 cm Long Handle Chef's Pan over medium temperature until the Visiotherm® reaches the first red area.
4. Pour half the oil into the pan and fry the patties on both sides until golden brown and cooked to your preference. Covering the patties with the lid for the last few minutes of frying results in perfectly juicy patties. Spoon out and keep warm.
5. Add the remaining oil to the pan and sauté the onion for a few minutes. Add the mushrooms and continue frying until golden brown and cooked. Stir in the mustard and season to taste.
6. Serve patties on your choice of burger buns, with lettuce, tomato, gherkins and a good spoonful of the mushroom mixture. Or add any other of your favourite burger toppings.

DESSERTS — Chilled, frozen and five-minute sweet endings.



Frozen chocolate coconut creams

Makes 4 portions

This frozen chocolate coconut cream dessert is a healthier version of ice cream, adapted from the blog physickitcheness.com. This dessert is easy to prepare and decadently delicious – the perfect treat on a warm day or if you want a sweet treat but don't want to over do it.

INGREDIENTS

250 ml coconut cream
 10 ml honey
 100 g lindt or dark chocolate of
 your choice
 2 egg whites, stiffly beaten

METHOD

1. Place coconut cream, honey and chocolate in an AMC 16 cm Gourmet High and heat over a low to medium temperature, stirring until all the chocolate is melted and well incorporated.
2. Allow cream mixture to cool for a few minutes. Using a 20 cm Dome, gently combine cream mixture and egg whites. Pour into 4 ramekins or use a large freezer safe dish. Freeze for 2 - 3 hours or until set.
3. Remove from freezer just before serving and top with chocolate shavings or desiccated coconut and serve.

Tips & variations · Flavour variations: add 5 ml mixed spice, instant coffee granules or 2,5 ml cayenne pepper to your milk mixture. Or use a flavoured chocolate. · Substitute coconut cream with cream for a banting option.

DESSERTS



Chocolate Mousse

Serves 6

INGREDIENTS

300g dark chocolate
2 eggs, separated
1 cup (250 ml) cream

Tips & variations · If you don't have an AMC Dome, use any suitable glass bowl for double boiling.

METHOD

1. Place 250 ml water in an AMC 20 cm Gourmet Low and heat over a medium temperature until the Visiotherm® reaches the first red area.
2. Place chocolate in an AMC 20 cm Dome and place over the gently simmering water. Reduce the heat to the lowest setting to allow chocolate to melt. Stir every now and then till you have a smooth mixture. Remove from heat if water becomes too hot, as the chocolate might become crumbly and hard if overheated. Once you have a smooth mixture, remove AMC Dome from the unit.
3. Place egg whites in a dry, clean bowl and beat with an electric beater until stiff peaks form. Set aside.
4. Once chocolate has cooled down sufficiently, whisk yolks together and pour into chocolate. Beat well. Don't be alarmed if the chocolate thickens, the rest of the ingredients will smooth the mixture again.
5. Pour the cream into the chocolate and whisk or beat until well blended.
6. Then using a metal spoon, gently fold the egg whites into the chocolate.
7. Divide the mousse into 6 glasses or small bowls or pour into one large bowl. Cover and refrigerate for 2 - 3 hours, or until set.
8. Serve with fresh berries if available, or with vanilla ice cream and roughly chopped hazelnuts. Alternatively dust with icing sugar or cocoa and serve with a sprig of mint.

DESSERTS



Honey fried bananas

Serves 4

You want something sweet but don't want to go through all the effort of making baking a cake? Bananas are grab and go fruits that are a staple in most homes and when caramelised and topped with whipped cream or ice cream they are delicious treats. We've served these with coconut cream for a paleo version.

INGREDIENTS

15 ml coconut oil
 15 – 30 ml honey
 2.5 ml ground cinnamon
 3 - 4 bananas, peeled and sliced length-wise
 1 tin coconut cream, stiffly beaten
 50 – 75 ml walnuts or nuts of your choice, chopped

METHOD

1. Heat an AMC 24 cm Gourmet Dome Fry Pan or 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area.
2. Add coconut oil, honey and cinnamon to pan and allow to melt and become saucy.
3. Place banana slices in honey sauce. Cook for 2 - 3 minutes until they begin to caramelize and turn golden brown. Flip bananas over and cook for another few minutes, until golden brown. Reduce heat if needed as not burn bananas.
4. Remove from pan, serve immediately with lashing of coconut cream and chopped nuts.

Tips & variations · Place the coconut cream in the fridge for at least 8 hours or more before whipping. Make sure you use only the coconut solids for whipping. · Substitute coconut cream with coconut milk.



Strawberry Lemonade

Makes 2 litres

While strawberries are still in season, make the most of these delicious fruits by adding them to salads, your breakfast or serve as a healthy snack. Any strawberries that are a bit overripe are perfect for preparing this refreshing drink, a fun and pretty twist on traditional lemonade.

INGREDIENTS

Sugar syrup
500 ml water
500 ml sugar
800 g strawberries, trimmed and halved
80 - 100 ml fresh lemon juice
1 litre soda water, mint, lemon and ice to serve

METHOD

1. Place water and sugar in an AMC 16 cm Gourmet High or 20 cm Gourmet Low and heat over a medium temperature, stirring until sugar has dissolved. The liquid will look mostly clear.
2. Once the sugar has dissolved, allow syrup to cool completely before using or storing in the refrigerator.
3. Place strawberries and lemon juice in a blender and puree until smooth. Add lemon juice and sugar syrup to taste. Served topped with soda water, mint and lemon.

Tips & variations · The sugar syrup will keep for up to 6 months if stored in the refrigerator, although this is not necessary. · If strawberry seeds bother you, use a fine sieve to filter them out. · Depending on the sweetness of the strawberries you use, you will add more or less sugar syrup or lemon juice.

COOL DRINKS



Rooibos fruit punch

Makes approximately 3 litres

This is a very versatile punch to serve at various occasions. Different ingredients can be added to give different end results. Serve as a refreshment on a hot day.

INGREDIENTS

5 rooibos tea bags
 1 litre boiling water
 3 - 4 thin slices of fresh ginger
 30 ml sugar
 50 ml fresh lemon juice
 1 litre fruit juice, such as breakfast punch, or mango or orange, chilled
 1 litre ginger ale, chilled
 ice cubes, mint leaves and thinly sliced lemon wedges

METHOD

1. Place tea bags and boiling water in an AMC 24 cm Gourmet High. Allow tea to brew over a low temperature for 10 – 15 minutes.
2. Add ginger and sugar and stir over a low heat until all the sugar has dissolved. Remove from heat, add lemon juice and allow mixture to cool down.
3. Remove tea bags and ginger and add fruit juice. Refrigerate until ice cold and add ginger ale just before serving.
4. Place some ice cubes, mint and lemon wedges in glasses and fill up with punch.

Tips & variations · Add lemonade, Appletiser or sparkling wine instead of ginger ale. · If preferred, omit the sugar. · Add a tin (440 g) of crushed pineapple and/or 115 g (1 tin) granadilla pulp. Refrigerate tins and add with ginger ale. · Add 50 - 100 ml brandy or sherry to punch for a special occasion. · Don't allow tea to become too strong, as it could taste bitter. · Refrigerate all the ingredients to ensure that the punch is served ice cold. · For very cold drinks, chill your glasses in the freezer before using them.

COOL DRINKS



Mango and coconut smoothie

Serves 4

A delicious and refreshing smoothie is a great snack on a hot summer afternoon. With mango season fast approaching we thought it's a great time to share our mango and coconut smoothie. Use ripe or even overripe mangoes as they will have a sweeter flavour and brighter colour. Or if you don't have the time, freeze slices of overripe mango for when you want to make this creamy snack. Enjoy the tropical flavours!

INGREDIENTS

2 - 3 mangos, peeled and cubed
 250 ml coconut milk
 400 ml plain yoghurt
 2,5 ml ground cinnamon
 seeds of 2 cardamom pods, finely ground
 10 ml honey (optional)

METHOD

1. Place all the ingredients in a food processor and blitz until smooth and drinkable. If necessary, thin with milk or mango juice and sweeten slightly with honey.
2. Pour smoothie over crushed ice and serve.

Tips & variations · Substitute plain yoghurt with vanilla yoghurt. · Make healthy fruit ice pops: Pour the smoothie mixture into individual ice pop moulds and allow to freeze completely before serving.

COOKING WITH THE AMC AIR



Cooking with the AMC Air

AMC's 25-litre air fryer oven (1 700 W). Besides air frying it can bake, toast, dehydrate, rotisserie-cook and make pizza. It comes with a baking rack, baking sheet, crumb tray, air-fryer basket and rotisserie set. Being an oven-style air fryer, it takes a little longer to heat up than a small basket fryer — preheat it first.

AMC Air R3,850 — cash or PriceSaver



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- [How to use the AMC Air accessories >](#)
AMC's guide, linked from the AMC Air page
- [AMC Air operating instructions >](#)
Read before first use
- [AMC Air FAQ >](#)
Heat-up time, reheating, electricity use

Want to see it cook? I'll show you the AMC Air at a free demo — tap the green WhatsApp button below. Images: AMC South Africa (amcsa.co.za).

SHOPPING LISTS

Checkers Sixty60 & Woolworths Dash lists

Type each line into the app search as written (generic names, no brands). Quantities match the recipe; tick as you add. Pantry staples you already have — skip.

Smoked snoek pâté

FRESH PRODUCE

- ☐ Onion — 1 small
- ☐ Garlic — 1 clove
- ☐ Red chilli — 1 small
- ☐ Lemon — 1

MEAT & FISH

- ☐ Smoked snoek — 250 g

DAIRY & EGGS

- ☐ Smooth cottage cheese — 250 g

PANTRY & BAKERY

- ☐ Worcestershire sauce — 1 bottle
- ☐ Tabasco sauce — 1 bottle
- ☐ Black pepper
- ☐ Crackers or fresh bread — to serve

Brinjal carpaccio

FRESH PRODUCE

- ☐ Brinjals (aubergine) — 2 medium
- ☐ Garlic — 1 clove
- ☐ Lemon — 1

DAIRY & EGGS

- ☐ Mozzarella balls (or Pecorino) — 150 g

PANTRY & BAKERY

- ☐ Olive oil — 100 ml
- ☐ Salt & black pepper
- ☐ Crusty bread — 1 loaf

Nectarine and blue cheese salad

FRESH PRODUCE

- ☐ Nectarines — 4–6
- ☐ Asparagus — 150 g
- ☐ Mixed lettuce / baby spinach / rocket — 120–150 g
- ☐ Fresh mint — 1 pack

DAIRY & EGGS

- ☐ Blue cheese (or goat's cheese) — 50 g

PANTRY & BAKERY

- ☐ Pecan nuts (or flaked almonds) — 50 g
- ☐ Olive oil — 50 ml
- ☐ Apple cider vinegar — 30 ml
- ☐ Honey — 20 ml
- ☐ Wholegrain mustard — 10 ml
- ☐ Salt & black pepper

Pan-fried prawns & chorizo with chimichurri sauce

FRESH PRODUCE

- ☐ Flat leaf parsley — 30 g
- ☐ Fresh oregano — 10 g
- ☐ Garlic — 4 cloves

MEAT & FISH

- ☐ Chorizo — 125 g

PANTRY & BAKERY

- ☐ Chilli flakes — 5 ml
- ☐ Smoked paprika — pinch
- ☐ Red wine vinegar — 60 ml
- ☐ Olive oil — 180 ml + for drizzling
- ☐ Salt & black pepper
- ☐ Ciabatta (for bruschetta) — 1

FROZEN

- ☐ Prawn tails, cleaned & deveined — 400 g

Chicken and strawberry salad

FRESH PRODUCE

- ☐ Strawberries — 300 g
- ☐ Fine green beans — 150–200 g
- ☐ Rocket or mixed lettuce — 70–100 g
- ☐ Spring onions — 1 bunch

MEAT & FISH

- ☐ Chicken breast fillets — 6

PANTRY & BAKERY

- ☐ Olive oil — 60 ml
- ☐ Raspberry or apple cider vinegar — 30 ml
- ☐ Wholegrain mustard — 10 ml
- ☐ Honey — 10–15 ml
- ☐ Dried thyme — 2.5 ml
- ☐ Salt & black pepper
- ☐ Bread of your choice — to serve

Classic beef burger

FRESH PRODUCE

- ☐ Onion — 1 large
- ☐ Brown mushrooms — 3–4 large
- ☐ Fresh Italian parsley — 1 pack
- ☐ Lettuce, tomato, gherkins — to serve

MEAT & FISH

- ☐ Lean beef mince — 500 g

DAIRY & EGGS

- ☐ Eggs — 1 extra large

PANTRY & BAKERY

- ☐ Ground coriander — 20 ml
- ☐ Ground cumin — 10 ml
- ☐ Oats — 60 ml
- ☐ Olive oil — 30 ml
- ☐ Wholegrain mustard — 10 ml
- ☐ Burger buns — 4–6
- ☐ Salt & black pepper

Frozen chocolate coconut creams

DAIRY & EGGS

- ☐ Eggs — 2 (whites only)

PANTRY & BAKERY

- ☐ Coconut cream — 250 ml
- ☐ Honey — 10 ml
- ☐ Dark chocolate — 100 g (e.g. Lindt)
- ☐ Desiccated coconut — to serve

Chocolate Mousse

FRESH PRODUCE

- ☐ Fresh berries — to serve

DAIRY & EGGS

- ☐ Eggs — 2
- ☐ Fresh cream — 250 ml

PANTRY & BAKERY

- ☐ Dark chocolate — 300 g

Honey fried bananas

FRESH PRODUCE

- ☐ Bananas — 3–4

PANTRY & BAKERY

- ☐ Coconut oil — 15 ml
- ☐ Honey — 15–30 ml
- ☐ Ground cinnamon — 2.5 ml
- ☐ Coconut cream — 1 tin
- ☐ Walnuts (or nuts of choice) — 50–75 ml

Strawberry Lemonade

FRESH PRODUCE

- ☐ Strawberries — 800 g
- ☐ Lemons — 3–4
- ☐ Fresh mint — 1 pack

PANTRY & BAKERY

- ☐ White sugar — 500 ml (approx. 400 g)
- ☐ Soda water — 1 litre
- ☐ Ice — 1 bag

Rooibos fruit punch

FRESH PRODUCE

- ☐ Fresh ginger — 1 small piece
- ☐ Lemons — 2
- ☐ Fresh mint — 1 pack

PANTRY & BAKERY

- ☐ Rooibos tea bags — 5
- ☐ Sugar — 30 ml
- ☐ Fruit juice (breakfast punch, mango or orange) — 1 litre
- ☐ Ginger ale — 1 litre
- ☐ Ice — 1 bag

Mango and coconut smoothie

FRESH PRODUCE

- ☐ Mangoes — 2–3

DAIRY & EGGS

- ☐ Plain yoghurt — 400 ml

PANTRY & BAKERY

- ☐ Coconut milk — 250 ml
- ☐ Ground cinnamon — 2.5 ml
- ☐ Cardamom pods — 2
- ☐ Honey — 10 ml
- ☐ Ice — 1 bag

SHOPPING LISTS

Combined “summer menu” lists

Everything for a whole section in one trolley — three starters, three mains, three desserts or three drinks. Same item from two recipes shows both amounts.

Starters & light bites — all 3 recipes

FRESH PRODUCE

- ☐ Onion — 1 small
- ☐ Garlic — 1 clove (×2)
- ☐ Red chilli — 1 small
- ☐ Lemon — 1 (×2)
- ☐ Brinjals (aubergine) — 2 medium
- ☐ Nectarines — 4–6
- ☐ Asparagus — 150 g
- ☐ Mixed lettuce / baby spinach / rocket — 120–150 g
- ☐ Fresh mint — 1 pack

MEAT & FISH

- ☐ Smoked snoek — 250 g

DAIRY & EGGS

- ☐ Smooth cottage cheese — 250 g

- ☐ Mozzarella balls (or Pecorino) — 150 g
- ☐ Blue cheese (or goat's cheese) — 50 g

PANTRY & BAKERY

- ☐ Worcestershire sauce — 1 bottle
- ☐ Tabasco sauce — 1 bottle
- ☐ Black pepper
- ☐ Crackers or fresh bread — to serve
- ☐ Olive oil — 100 ml + 50 ml
- ☐ Salt & black pepper
- ☐ Crusty bread — 1 loaf
- ☐ Pecan nuts (or flaked almonds) — 50 g
- ☐ Apple cider vinegar — 30 ml
- ☐ Honey — 20 ml
- ☐ Wholegrain mustard — 10 ml

Summer mains — all 3 recipes

FRESH PRODUCE

- ☐ Flat leaf parsley — 30 g
- ☐ Fresh oregano — 10 g
- ☐ Garlic — 4 cloves
- ☐ Strawberries — 300 g
- ☐ Fine green beans — 150–200 g
- ☐ Rocket or mixed lettuce — 70–100 g
- ☐ Spring onions — 1 bunch
- ☐ Onion — 1 large
- ☐ Brown mushrooms — 3–4 large
- ☐ Fresh Italian parsley — 1 pack
- ☐ Lettuce, tomato, gherkins — to serve

MEAT & FISH

- ☐ Chorizo — 125 g
- ☐ Chicken breast fillets — 6
- ☐ Lean beef mince — 500 g

DAIRY & EGGS

- ☐ Eggs — 1 extra large

PANTRY & BAKERY

- ☐ Chilli flakes — 5 ml
- ☐ Smoked paprika — pinch
- ☐ Red wine vinegar — 60 ml
- ☐ Olive oil — 180 ml + for drizzling + 60 ml + 30 ml
- ☐ Salt & black pepper
- ☐ Ciabatta (for bruschetta) — 1
- ☐ Raspberry or apple cider vinegar — 30 ml
- ☐ Wholegrain mustard — 10 ml (×2)
- ☐ Honey — 10–15 ml
- ☐ Dried thyme — 2.5 ml
- ☐ Bread of your choice — to serve
- ☐ Ground coriander — 20 ml
- ☐ Ground cumin — 10 ml
- ☐ Oats — 60 ml
- ☐ Burger buns — 4–6

FROZEN

- ☐ Prawn tails, cleaned & deveined — 400 g

Desserts — all 3 recipes

FRESH PRODUCE

- ☐ Fresh berries — to serve
- ☐ Bananas — 3–4

DAIRY & EGGS

- ☐ Eggs — 2 (whites only) + 2
- ☐ Fresh cream — 250 ml

PANTRY & BAKERY

- ☐ Coconut cream — 250 ml + 1 tin
- ☐ Honey — 10 ml + 15–30 ml
- ☐ Dark chocolate — 100 g (e.g. Lindt) + 300 g
- ☐ Desiccated coconut — to serve
- ☐ Coconut oil — 15 ml
- ☐ Ground cinnamon — 2.5 ml
- ☐ Walnuts (or nuts of choice) — 50–75 ml

Cool drinks — all 3 recipes

FRESH PRODUCE

- ☐ Strawberries — 800 g
- ☐ Lemons — 3–4 + 2
- ☐ Fresh mint — 1 pack (×2)
- ☐ Fresh ginger — 1 small piece
- ☐ Mangoes — 2–3

DAIRY & EGGS

- ☐ Plain yoghurt — 400 ml

PANTRY & BAKERY

- ☐ White sugar — 500 ml (approx. 400 g)

- ☐ Soda water — 1 litre
- ☐ Ice — 1 bag (×3)
- ☐ Rooibos tea bags — 5
- ☐ Sugar — 30 ml
- ☐ Fruit juice (breakfast punch, mango or orange) — 1 litre
- ☐ Ginger ale — 1 litre
- ☐ Coconut milk — 250 ml
- ☐ Ground cinnamon — 2.5 ml
- ☐ Cardamom pods — 2
- ☐ Honey — 10 ml

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Code G7591

BRAAI SALADS & SIDES



Fresh three bean salad

Side dish for a braai

A twist on a South African classic, great for feeding a crowd at a bring-and-braai. Don't skip caramelising the onions: it adds a naturally sweet flavour to the beans.

INGREDIENTS

200 g green beans, cut into thirds
 30 ml (2 tbsp) olive oil
 2 onions, quartered and cut into thin wedges
 30 ml (2 tbsp) apple cider vinegar
 30 ml (2 tbsp) honey
 75 ml (5 tbsp) water
 30 ml (2 tbsp) fresh thyme leaves
 30 ml (2 tbsp) tomato paste
 1 x 410 g tin red kidney beans, drained
 1 x 410 g tin butter beans, drained
 lemon juice, salt and pepper
 1 ripe tomato, quartered and sliced
 200 g baby tomatoes, halved (or another ripe tomato)
 1 red pepper, seeded and cubed
 100 ml roughly chopped fresh Italian parsley
 extra sprigs of fresh thyme to serve

METHOD

1. Place green beans with 100 ml water in an AMC 20 cm Gourmet Low over a medium temperature with the lid on. Heat until the Visiotherm® reaches the first red area, then simmer on medium for 3–5 minutes until just cooked but still bright green and crunchy. Remove from the heat immediately.
2. Rinse in cold water to stop the cooking. Drain and set aside to cool.
3. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Add half the oil and fry the onions until soft and lightly caramelised. If they brown too fast, add a little water, let it cook out and continue frying.
4. Reduce the heat and add the remaining oil, vinegar, honey, water and thyme. Simmer for a few minutes and stir in the tomato paste.
5. Spoon the onion mixture and tinned beans into a large bowl. Season with lemon juice, salt and pepper, toss and allow to cool.
6. Gently toss in the green beans, tomatoes and red pepper. Stir in the parsley and sprinkle with extra thyme. Serve as a side with your favourite braai.

Recipe & photo: AMC South Africa (amcsa.co.za)

BRAAI SALADS & SIDES



Wheat, corn & chickpea salad

Serves 8

Refreshing with coriander, mint and spices: an ideal side for a braai instead of potato salad, and leftovers make a great lunch the next day.

INGREDIENTS

200 g (250 ml) pearly wheat

1 cinnamon stick

750 ml water

salt to taste

250 ml sweetcorn kernels (frozen, tinned or cut from cooked fresh corn)

1 tin chickpeas, drained

10 Turkish apricots, diced

75 ml sultanas

75 ml sunflower seeds, toasted

30–45 ml each fresh chopped coriander and mint

Dressing

125 ml olive oil

25 ml apple cider or white grape vinegar

40 ml lemon juice

10 ml finely grated lemon rind

7,5 ml ground cumin

2,5 ml ground cinnamon

40 ml fresh chopped coriander

20 ml fresh chopped mint

salt and freshly ground black pepper to taste

METHOD

1. Place wheat, cinnamon stick, water and salt in an AMC 20 cm High and heat over a medium temperature until the Visiotherm reaches the first red area. Reduce heat to the lowest setting and cook for 30–40 minutes or until just tender.
2. Drain, rinse with cold water and leave to drain for a few minutes. Spoon into a large bowl and allow to cool.
3. Whisk all the dressing ingredients together. Add the rest of the salad ingredients, except the fresh herbs, to the wheat. Toss and pour $\frac{2}{3}$ of the dressing over. Season to taste.
4. Refrigerate for 1 hour, then stir the fresh herbs through with any remaining dressing. Garnish with fresh herbs and serve.

Tips & variations · Toast sunflower seeds in a preheated AMC 16 cm Low over medium heat for a few minutes, taking care they don't burn. · Swap the dried fruit for fresh peaches, grapes or pineapple. · Instead of wheat, use 250 ml pearly barley (cook as above) or 250 ml couscous soaked for 5 minutes in 250 ml hot chicken stock.

Recipe & photo: AMC South Africa (amcsa.co.za)

BRAAI SALADS & SIDES



Spicy potato salad

Serves 4 – 6

The traditional potato salad with a tweak: baby and sweet potatoes, with harissa paste in the sauce. A great side with chicken, a braai or cold meats.

INGREDIENTS

350 g sweet potato, cut into wedges, skin on

350 g baby potatoes, halved (quartered if very big)

200 g bacon, cut into chunks (optional)

50 ml harissa paste

100 ml mayonnaise

150 ml celery, diced (leaves included)

salt and freshly ground black pepper to taste

METHOD

1. Wash the sweet potatoes and baby potatoes and place them dripping wet in an AMC 20 cm Gourmet High. Cover with the lid and heat over a medium temperature until the Visiotherm® reaches the first red area. Reduce heat and simmer with the lid on for 25–30 minutes or until tender. Drain any excess liquid, spoon the potatoes out and allow to cool.
2. Heat an AMC 24 or 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Fry the bacon until crispy and set aside.
3. Meanwhile, mix the harissa paste with the mayonnaise.
4. Coat the potatoes in the dressing and add the bacon and celery. Season to taste and serve.

Tips & variations · Make ahead: cover the potatoes with half the dressing and add the rest just before serving. · Use leftover sausage or chicken instead of bacon, or leave it out for a vegetarian version. · For a lighter dressing, swap half the mayonnaise for Bulgarian yoghurt. · Harissa brands differ in heat, so add to taste. · Cubed feta is a nice addition.

Recipe & photo: AMC South Africa (amcsa.co.za)

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