



One-Pot Wonders

Meals made with love



Tried and tested recipes shared by our Facebook community.

Beloved foodies:

This collection of tried and tested recipes were shared by some of the talented home cooks through our Facebook page. You'll find meals to impress, hearty fare to please the whole family, recipes passed on through generations and even a quick one you can hide your leftovers in! Thank you to all who have shared their favourite one-pot recipes with us! We hope you enjoy these meals made with love.

Melody's Creamy Mussel Pot

Mo's One-Pot Chicken Biryani

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Celeste's Curry Offal

Chantel's Southwestern Fried Rice



Melody's Creamy Mussel Pot

👤 4+ People

Cooking Process

1. Heat the butter, add the spring onions and fry until soft.
2. Add flour and mix.
3. Add the wine and chicken stock and stir together.
4. Bring to the boil and add the mussels. Boil for 15-20 min.
5. Reduce the heat to a simmer and add the cream and parsley.
6. Stir gently, add salt and pepper to taste.
7. Serve over your favourite Spekko Rice.

Ingredients

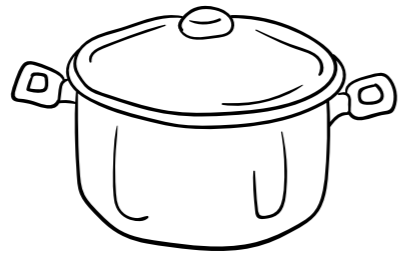
- A little butter for frying
- 13 spring onion stalks, finely chopped
- 120 ml flour
- 1 - 1.25 litres chicken stock
- 500 - 600 ml white wine
- 500 ml fresh cream
- 1 kg mussels
- 1 bunch of parsley, chopped
- Salt and pepper to taste



Meet the Chef

My name is Melody and I'm an absolute food fanatic! I've been cooking and experimenting in the kitchen since I was 11 years old. This recipe is rich and creamy and super indulgent. I make it every winter - guaranteed to make my family feel special and comforted.





Mo's One-Pot Chicken Biryani

👤 4 People

Ingredients

1 kg skinless boneless chicken thigh or breast cut into 2-5 cm pieces

Half a lemon

¾ cup Greek yogurt

3-4 cups Spekko India Gate Basmati rice

3 bay leaves

2 cinnamon sticks

2 elachi (cardamom pods)

1 pinch cumin

Salt to taste

2 tsp garam masala

2 tbsp chilli powder

2 tbsp curry powder

2 tsp coriander powder

1 tsp turmeric

Small pinch off saffron strands

2 large onions, finely diced

2 tsp crushed ginger and garlic

1 ½ cup hot water

½ cup loosely packed mint leaves, finely chopped

½ cup loosely packed coriander leaves, finely chopped

2 tbsp cooking oil

Salt

Marinade:

Cloves

10 cracked black pepper corns

4 green elachi (cardamom pods)

2 stems curry leaves

2 pinches cumin seeds

2 small cinnamon sticks

1 tbsp ginger and garlic

Greek yoghurt

Cooking Process

1. Dry roast the marinade spices and then crush till fine, using a coffee grinder or mortar and pestle. In a medium mixing bowl, add ginger, garlic, salt to taste, lemon juice, some of the chopped mint and coriander and yoghurt to form a sauce. Marinate chicken over-night, or 2/3 hours before cooking.
2. Soak rice in warm water and set aside. Infuse a bit of water with the saffron to sprinkle over rice once cooked.
3. Heat oil in a large pot on a medium to high heat. Add sliced onion and sauté for about 8-10 minutes or until they caramelize. Add crushed ginger and garlic.
4. Add bay leaves, cinnamon sticks, elachi and cumin. Fry till fragrant.
5. Add garam masala, chilli powder, curry powder, coriander powder and turmeric and fry for 30 seconds. Do not let it burn!
6. Add marinated chicken. Cook on medium to high heat for about 10 minutes.
7. Drain water from the rice completely and add into the pot.
8. Add remaining mint and coriander leaves, saffron infusion and hot water. Mix to combine. Bring to boil and then simmer on low heat till cooked.

Meet the Chef



I'm Ramona Moodley and this is a recipe I adapted from my mom. I love preparing this dish because it's quick and easy and at the end of it you have a pot full of deliciously flavourful food! Thanks, Mom!



Renuka's Chicken Curry

 4 People

Cooking Process

1. Heat oil. Sauté onion and bay leaf until brown.
2. Add masala, ginger and garlic, tomato, curry leaf and green chillies. Cook for 1 min.
3. Add chicken pieces, garam masala and dhania powder.
4. Cover and cook on medium heat for 10 min.
5. Add salt, peas and potatoes. Mix and cook on medium until potatoes are soft. Add water as necessary.
6. Serve on Spekko India Gate Basmati rice with sprinklings of dhania. Enjoy!

Ingredients

1 kg chicken cut, into pieces, skin removed.

Half onion, sliced

2 tomatoes, grated

2 potatoes, cut into medium sized pieces

½ cup frozen peas

2 green chillies, sliced

1 big curry spoon masala

2 tsp ginger and garlic

2 bay leaves

1 tsp dhania/jeera powder

½ tsp garam masala

Curry leaf

¼ cup of oil

Salt to taste

Dhania (Coriander)



Meet the Chef

While others may prefer a walk in the park, I choose to cook a delicious meal for my family and friends – and this is one of our favourites. This is chicken curry – my way! It hits all the right notes. Perfect as a midweek pick me up.



Losh's Spekkolicious Mexican Delight

👤 4+ People

Cooking Process

1. In a heavy-based pot with a lid, heat the olive oil over medium heat. Add the onion and bell pepper and cook, stirring frequently, until the vegetables are tender and the onion is translucent, about 5 minutes.
2. Add the garlic, corn and black beans and cook until the corn and beans are heated through, about 2 minutes.
3. Stir in 1 ½ cups water, the diced tomatoes and their juices, chilli powder, cumin, rice and a pinch of salt and pepper. Bring to a boil, cover, reduce the heat and simmer until the rice is cooked, about 20 minutes.
4. Stir in the cheese until melted. Taste for seasoning and serve garnished with chopped coriander.

Tip: Make this your own by adding cauliflower florets, mince or lentils.

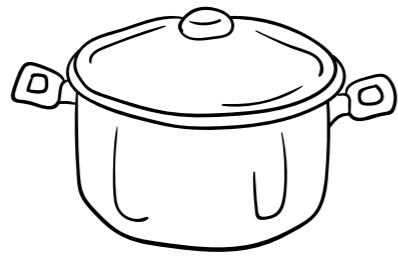
Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 cup frozen sweet corn
- 1 can black beans, drained
- 1 can diced tomatoes, with juices
- 2 tsp chilli powder
- 1 tsp cumin
- 1 cup Spekko Saman White or Brown rice
- Salt and freshly ground black pepper
- 1 cup shredded cheddar
- Chopped coriander, for garnish




Meet the Chef

I'm Losh, wife, mom and daughter of a fantastic cook! I like being creative with simple recipes, trying out different recipes that appeal to my taste buds. My biggest critic is my daughter; everything has to pass her taste test! I love Mexican food and this dish has been approved by the whole family!



Rehana's Hyderabad Chicken Biryani

 6-8 People

Ingredients

1 medium chicken, skin removed then cut into 8-10 pieces (1-1.5 kg)	½ tsp cumin powder
3 cups Spekko India Gate Basmati rice	½ tsp coriander powder
4-5 onions, sliced and fried until golden brown	2 tbsp garlic paste
2 cups yoghurt	2 tbsp ginger paste
2 cardamom pods	2 chopped green chillies
½ tsp whole black pepper	1 tbsp javitri (mace, optional)
4 tbsp chopped coriander leaves	2 tbsp lime juice
1 tbsp chopped mint leaves	¼ cup oil
1 tsp red chilli powder	½ tsp saffron
1 cinnamon stick	½ tsp turmeric powder
1 bay leaf	2 tsp salt
2 cloves	3-4 potatoes, peeled quartered and fried until tender

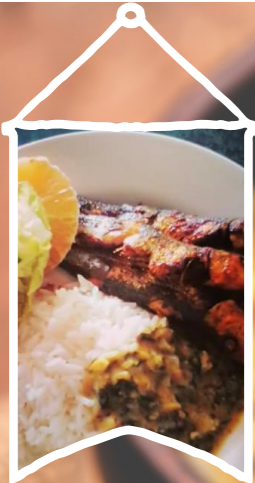
Cooking Process

1. Make a marinade for the chicken with the yoghurt, lime juice and all the spices. Reserve half the fried onions and half the chopped coriander and mint leaves for later. You can marinate for 6 hours, but it's preferable to marinate overnight.
2. When ready to cook, take the marinated chicken out of the fridge at least an hour before you start cooking so that it comes to room temperature.
3. In the meantime, wash then soak 3 cups of rice in water for about 20-30 minutes.
4. Soak a few saffron strands in some water and set aside.
5. Bring a big pot of water to boil, add salt, 4 cardamom pods, 2-3 cinnamon sticks and 2-3 cloves plus about 2 tbsp of oil. Drain the soaked rice and add it to this water when it is boiling. Cook until the rice is about halfway done (about 6-7 minutes). Remove and strain out all the water.
6. Take a heavy pot/pan and add the (uncooked) chicken with all its marinade and spread it out in the bottom of the pot.
7. Add fried potato quarters on top of the chicken.
8. Add half of the semi-cooked rice, sprinkle the rest of the chopped coriander and mint leaves, the remaining fried onions and saffron water over.
9. Add the remaining rice and cover tightly with the lid. Cook for 30 minutes. First 5 minutes at high flame, next 15 minutes at medium flame and last 10 minutes at low flame.

Meet the Chef



Cooking gives me a chance to be creative while making something wonderful and delicious for my family to enjoy! I adore losing myself in the rituals of chopping, stirring and tasting. My Hyderabad Chicken Biryani isn't too spicy and slow-cooked to perfection. Biryani is an integral part of Indian cuisine and culture, served at weddings, feasts and almost all the important occasions. When you try it, you will understand why!



Zayne's Sardine Surprise Dhal

👤 4 People

Cooking Process

1. Boil the dhal with turmeric and tomato till soft, then blend smooth.
2. In butter or oil, gently fry the onion with garlic, a dry chilli and mustard seeds till it releases its aroma and onion turns golden.
3. Add to dhal, season to taste with salt and garnish with fresh, chopped coriander.
4. Toss sardines well in the spice mix and fry on medium high heat till beautifully crispy.
5. Serve on a bed of your favourite Spekko rice with side of dhal and a citrus salad. Enjoy!

Ingredients

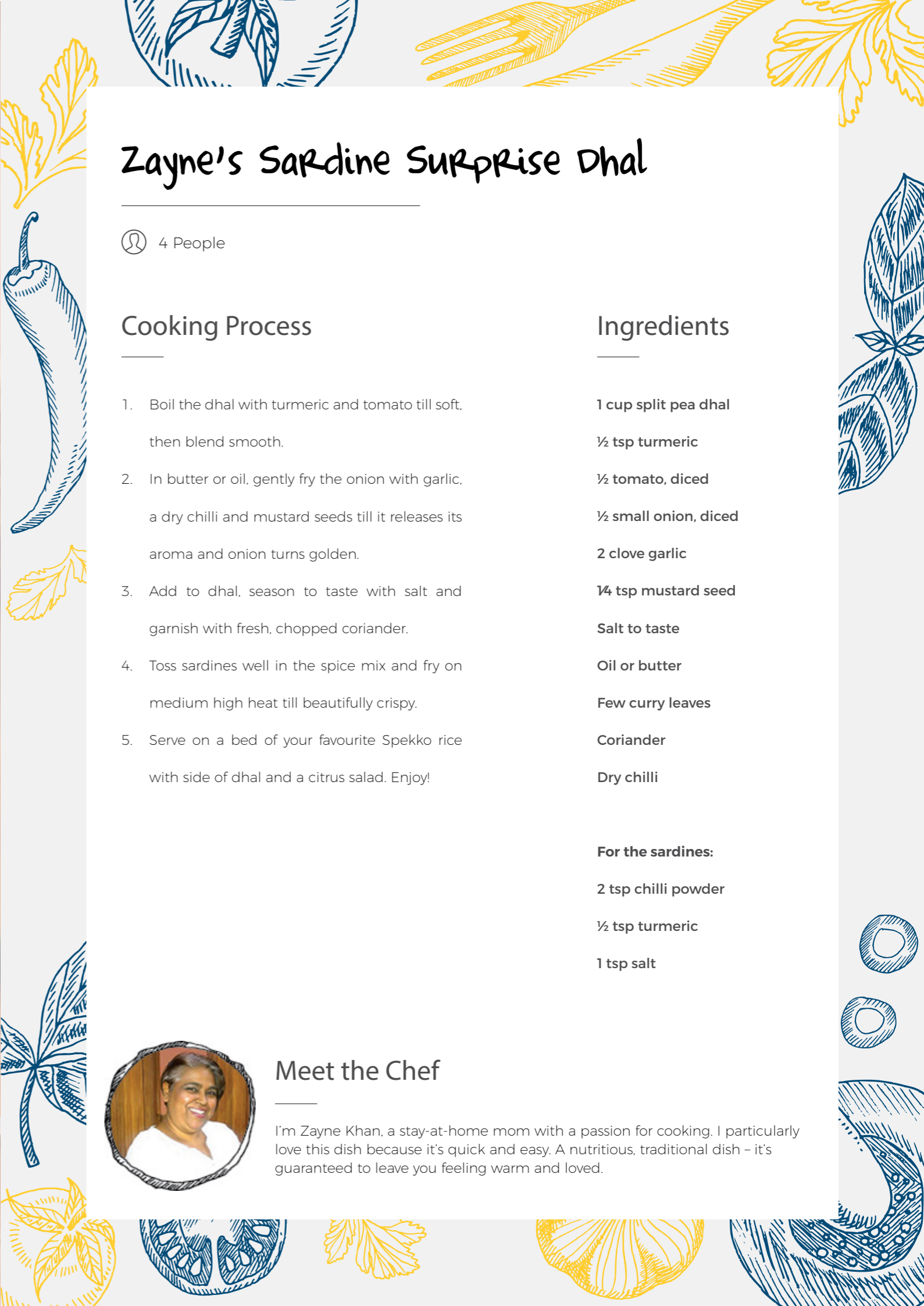
- 1 cup split pea dhal
- ½ tsp turmeric
- ½ tomato, diced
- ½ small onion, diced
- 2 clove garlic
- ¼ tsp mustard seed
- Salt to taste
- Oil or butter
- Few curry leaves
- Coriander
- Dry chilli

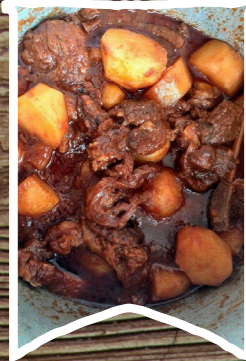
- For the sardines:**
- 2 tsp chilli powder
 - ½ tsp turmeric
 - 1 tsp salt



Meet the Chef

I'm Zayne Khan, a stay-at-home mom with a passion for cooking. I particularly love this dish because it's quick and easy. A nutritious, traditional dish - it's guaranteed to leave you feeling warm and loved.





Tiyana's Tomato Bredie

👤 6 People

Cooking Process

1. In a large pot on medium heat, heat oil and add onions, Allspice and fry till brown.
2. Add meat and fry with onions till very brown, this will intensify the colour and flavour.
3. Add black pepper, salt and whole chillies.
4. Add a cup of warm water and simmer meat till water is cooked away. Repeat this process twice or thrice, until meat is almost tender.
5. Add all the tomato paste and sugar, do not add any water. On medium heat, allow the tomato paste to cook though and infuse into meat by stirring while braising.
6. After 5 minutes, add potatoes, 1 ½ cup of warm water and cook on medium to high heat for 10 minutes stirring once or twice. Allow to simmer for another 10 minutes until potatoes are nice and tender. Serve with your favourite Spekko rice

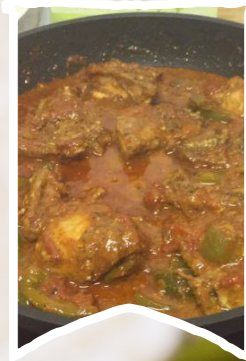
Ingredients

- 15 pieces / 1 kg of red meat, Lamb, mutton or beef
- 7 potatoes peeled and halved
- 3 onions, finely chopped
- 200 g tomato paste
- 4 tbsp vegetable oil
- Salt to taste
- 1 tbsp freshly ground black pepper
- 3 - 4 tbsp sugar (Very important to balance out the acidity in the tomatoes)
- 2 whole chillies (Optional)
- 3 Allspice (Pimenta, optional)
- 1 tsp finely chopped garlic (Optional)



Meet the Chef

My mom used to make this for us and I just love this recipe. I remember it fondly from growing up, it's the one meal that got my family together around the table. This recipe has always been part of my life - I hope it will bring together families in other homes too now.



Salma's Chicken Karraai One Pot

👤 4+ People

Cooking Process

1. In a pan, heat oil on medium heat for 4-5 minutes and add bay leaves. Add onions after a minute and sauté until soft.
2. Add ginger and garlic paste, cumin and turmeric. Stir for 2-3 minutes then add tomatoes and mix well.
3. Add salt and red chillies and stir until tomatoes are fully tender. Add some tomato paste or puree to give it a nice red colour.
4. Add chicken pieces and yoghurt. Mix well.
5. Cover and cook on medium heat until the oil separates.
Optional: add some chopped green peppers.
6. Simmer on low heat for 5-7 minutes and remove from stove. Garnish with chillies, jullienned ginger and coriander.
7. Best served with Spekko India Gate Basmati rice garnished with fried onions and fresh coriander.

Ingredients

- 1 kg chicken pieces
 - 4 tbsp ginger and garlic paste
 - Salt to taste
 - 2 medium onions, finely sliced
 - 5 / 6 tomatoes, cubed, and some tomato paste or puree
 - ½ cup yoghurt or Inkomazi
 - 1 tbsp red chilli powder
 - 1 tsp turmeric powder
 - 2 tsps cumin seeds
 - Bay leaves
 - ½ cup cooking oil or ghee
- Garnish:**
- 4-5 big green chillies
 - ½ bunch fresh coriander
 - 2 tsp ginger, finely jullienned




Meet the Chef

My name is Salma Mansuri and this dish is my family and friends' favourite. It's always a winner – especially when I serve it with spicy Spekko India Gate Basmati rice. It's a simple, rustic dish; ideal for year-round entertaining.



Rhona's Beef and Mushroom Casserole

 4+ People

Cooking Process

1. Heat oil in a pot, fry onions and chillies. Add crushed garlic.
2. Add beef cubes and fry until brown.
3. Add flour and red wine and cook for 15 min.
4. Add tomatoes, bay leaves and salt.
5. Cook in oven for 1.5 hours.
6. Finally add mushrooms and beans and place back in oven for half an hour.
7. Adjust seasoning to taste.

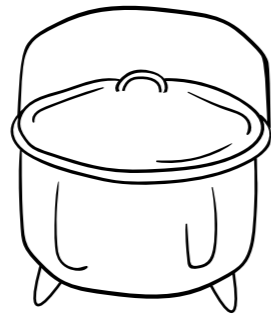
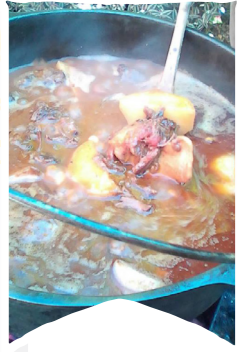
Ingredients

1 kg beef chuck, cubed
3 tbsp oil
1 large onion, sliced thin
2 green chillies
2 tablespoon flour
1 cup red wine
8 ripe tomatoes, grated
2 bay leaves
250 g button mushrooms
1 can cannellini beans
1 tbsp Kashmir chilli powder
4 cloves crushed garlic
Fine salt




Meet the Chef

My name is Rhona Peter. Cooking is something I absolutely love. It's just such a creative outlet for me. My Beef and Mushroom casserole is comforting food. Easy, quick, delicious, hearty and so satisfying. My kids love this meal. It's a weekly request in my home.



Spyker's Oxtail Potjie

 6 People

Ingredients

- | | |
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| 75 ml sunflower oil | 2 tsp crushed garlic |
| 100 g flour for dusting | 3 beef stock cubes |
| 4 kg oxtail, chopped into 4cm chunks (ask your butcher to do this) | 4 cloves |
| Salt and freshly ground black pepper | 500 ml red wine |
| 2 medium leeks | 1 tablespoon steak and chop seasoning |
| 2 stalks of celery | 2 x 400 g tinned tomatoes |
| 4 medium carrots | 3 potatoes, peeled and cubed |
| A few sprigs of fresh thyme | 1 tin corn kernels, drained |
| A few sprigs of fresh rosemary | |

Cooking Process

1. Add oil to pot and heat. Dust the oxtail in flour and then add to the pot and brown the meat. Remove the meat from the pot and set aside.
2. Add chopped leeks, celery, carrots and sauté.
3. Add thyme, rosemary, garlic, stock cubes and stir into the vegetables while cooking.
4. Season the meat with salt and pepper, and place them back into the pot.
5. Add cloves, steak and chop seasoning, red wine and both tins of tomatoes. Allow this to simmer away for 2 hours.
6. Open the lid and add potatoes, corn kernels and a little water if needed. Replace the lid and cook for a further hour or until potatoes are cooked through.
7. By this stage the meat should be tender and falling off the bone. Serve with Spekko rice.

Meet the Chef



I'm a Financial Adviser and marathon runner who enjoys cooking, braaiing and eating! Oxtail potjies are my favourite – if done correctly! You cannot hurry this. It needs to cook slowly so that the meat almost falls off the bone by the end. I usually make this potjie when my boet comes to visit from the Congo, because it gives us plenty of time to catch up around the simmering pot



Chad's Seafood Paella

👤 6 People

Cooking Process

1. Heat the oil in a large deep paella pan, on medium to high heat.
2. Add the onion and fry until golden brown.
3. Add the peppers, garlic, salt and spices and stir fry for a minute or so.
4. Add the raw rice and the warm saffron-infused water and cook for 7 minutes.
5. Add the mussels first, then the prawns and cover with foil or a lid and cook on a medium heat for 8-10 minutes or until all water has cooked away.
6. Serve with fresh coriander and lemon quarters.

Tip: If you don't have saffron simply replace with a teaspoon of turmeric. You can add any seafood you like.

Ingredients

- 500 g prawns, deveined
- 10 mussels
- 10 white mussels (optional)
- 3 tbsp of oil
- 1 onion, thinly sliced
- 1 green or red pepper, cut into strips
- 4 garlic cloves, chopped
- 3 chillies, chopped
- Salt to taste
- 3 tbsp paprika
- 1 tsp black pepper
- 2 cups Spekko India Gate Basmati rice, uncooked
- A few strands of saffron soaked in 850ml of warm water
- Fresh coriander
- A lemon cut in quarters



Meet the Chef

My name is Chad Van Der Rheede and I love cooking because I like trying new things. Especially experimenting with food and then trying it out on my family! This is one of our favourites.



Nosi's One-Pot Chicken Stew

👤 6 People

Cooking Process

1. Dust the chicken in the flour and add some seasoning.
2. Heat the oil in a heavy-based, lidded pan or pot and brown the chicken, in batches if need be, and then transfer to a plate.
3. In the same pot, fry the bacon for 5 minutes, until crisp.
4. Put the chicken back into the pot and add the stock. Cover and simmer.
5. After 10 minutes, add the potatoes. Simmer for about 20 minutes, or until the chicken is cooked and the potatoes are tender.
6. Stir in the cheese, add the rest of the vegetables and adjust seasoning. Simmer for 5 minutes more, uncovered, then serve with your favourite Spekko rice.

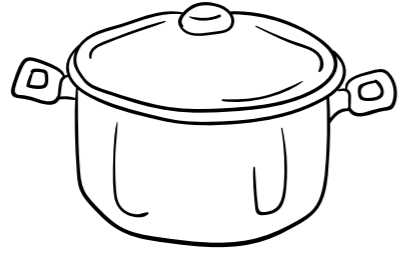
Ingredients

- 8 chicken thighs
- 2 tbsp plain flour
- 1 tbsp olive oil
- 8 rashers streaky bacon, chopped
- 400 ml chicken stock
- 500 g baby new potatoes, halved
- 200 g full fat cottage or cream cheese
- 200 g butter beans
- 200 g whole kernel corn
- 200 g cherry tomatoes, halved
- Salt and pepper



Meet the Chef

I love to cook and try out different dishes. My son motivates me to cook, because he just loves home cooked meals! I'm sure you'll love this recipe too.



Celeste's Curry Offal

👤 5+ People

Ingredients

1 sheep offal (stomach, trotters)

4 pork trotters

500 g small potatoes

2 bay leaves

½ cup vinegar

1 tsp coriander

4 Allspice (pimenta)

4 cloves

Salt

Black pepper

Curry Ingredients:

2 onions, sliced

1 tsp turmeric

1 tsp cumin

1 tsp ground coriander

½ tsp chilli powder

1 tsp medium curry powder

70 g tomato paste

Vegetable oil

Cooking Process

1. Add everything but the curry ingredients to a large pot and cover with water, bring to the boil, reduce heat to a simmer. Remove the stomach after an hour, cut into smaller pieces and add back into the pot.
2. Toward the end of the cooking process, make a curry sauce to add to the offal. Start by heating a little oil in a frying pan and soften the onions in it, add all the spices and tomato paste, cook for 5 minutes.
3. About an hour before you think the offal will be ready, add the curry onions to the offal and stir through. Cook for 30 minutes.
4. Add the potatoes and cook until soft, this will take about 30 minutes. Enjoy with Spekko Saman White Rice.

Meet the Chef



I own a food truck and the delicious aromas of this Curry Offal is enough to get the people queuing! It's everything that offal should be: filled with lots of flavour and hearty goodness! It's also really easy to make. I'm gran to a gorgeous baby boy, mother to two daughters and two stepsons, and foodie-chef serving delicious meals with a twist to friends, family and customers.



Chantel's Southwestern Fried Rice

👤 4 People

Cooking Process

1. Brown onions in oil. Add the veggies and allow to cook for 5 min.
2. Add the chicken and wors and cook a further 5 minutes.
3. Add the stock, apple and rice and let it simmer for 10 minutes or until the rice is cooked.
4. Once all the liquid has cooked away, add a beaten egg and stir vigorously.
5. Garnish with coriander and serve. Delish!

Tip: This is a great way to use up leftovers - experiment with whatever you've got in the fridge.

Ingredients

- 1 cup rice
- 1 apple, diced
- ½ cup peas
- ½ cup corn or sweet corn
- Black beans (tinned or soaked overnight)**
- 2 chicken fillets, cut into cubes or strips**
- Peppers, chopped
- Wors (or other leftover meat)
- ½ cup chicken stock
- 1 onion, chopped
- 1 beaten egg



Meet the Chef

Cooking up a storm for my family of eight is my happy place! I find much pleasure creating something special for everyone to enjoy. Sometimes you just want a quick but hearty meal and this recipe hits the spot every time. It's always a winner and absolutely tasty. Nothing beats fried rice at making a meal with left-over bits and pieces!