

ESKORT

Life's Delicious

SUMMER
FRESH
E D I T I O N



DELICIOUSLY
SIMPLE.

12 tasty, easy
recipes for you
and your family
this summer.



BOLD, ADVENTUROUS & *UNCOMPLICATED* FAMILY MEALS.

Summer is a time for braais, the beach, the garden, the great outdoors and get togethers with friends and family. Make mouth-watering meals, fun food and succulent snacks this summer with the Eskort Summer Fresh Edition of recipes and ideas. From hearty home cooked meals to exciting and creative favourites for the braai – these 12 quick and simple recipes bring out the flavour and the fun! Easy and fast – each meal is a delight to look at, filled to the brim with flavour.

Enjoy! Because Life's Delicious!

ESKORT

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CONTENTS

PASTA & RICE DISHES

| | |
|---|---|
| Frikkadel Curry Bowl | 4 |
| Russian Spinach Pasta Bake | 4 |
| Creamy Pork & Cherry Tomato Pasta..... | 5 |
| Tomato Frankfurter Risotto.. | 6 |

EASY MEALS

| | |
|--|---|
| Rib Burgers | 7 |
| Ribs & Home Made Fries.... | 7 |
| Meaty Pizza..... | 8 |
| Pork, Mushroom & Butternut Pie..... | 8 |
| Gourmet Hotdogs..... | 9 |

THE HEALTH CORNER

| | |
|--|----|
| Quinoa Beet Russian Salad | 10 |
| Cheesy Sausage Stuffed Sweet Potato | 11 |
| Bacon & Broccoli Salad..... | 11 |

SERVES

4



FRIKKADEL CURRY BOWL

INGREDIENTS:

- 1 pack ESKORT Mini Frikkadels 350 g (thawed)
- 1 pack curry paste (we used Indian tikka masala)
- 1 can chopped tomatoes
- 125 ml cream
- 125 ml tub of plain yoghurt
- 1 onion (chopped)
- 375 ml basmati rice

METHOD:

1. Set a pot to boil and cook the basmati rice according to instructions.
2. Fry the onion in some olive oil.
3. Add the ready made curry paste and fry until the onions are coated in the paste.
4. Add the can of chopped tomatoes and cook together. Next add the yoghurt and then cream.
5. Last, add the Frikkadels and leave to simmer for 10 - 15 minutes so the sauce can infuse the flavours.
6. Serve with basmati rice.

RUSSIAN SAUSAGE & SPINACH PASTA BAKE

INGREDIENTS:

- 1 pack ESKORT Russians 500 g
- 1 clove garlic (minced and chopped)
- 1 onion (chopped)
- 1 pack bechamel (white) sauce
- 375 ml spinach (roughly chopped)
- 250 ml grated mozzarella cheese
- 30 ml oregano and 30 ml parsley (or 60 ml Italian herb mix)

METHOD:

1. Preheat the oven to 180°C.
2. Set a pot to boil and cook the pasta according to instructions.
3. Fry the onion and garlic together in some olive oil.
4. Chop up the Russians and add to pan with onion and garlic, fry for 5 - 10 minutes until sausages are golden brown.
5. Once the pasta is cooked, toss together with the spinach and sausage mix. Make bechamel sauce according to instructions and pour over.
6. Top with mozzarella cheese and bake for 35 - 45 minutes.

SERVES

8





CARB CONSCIOUS:

Swap out the fettuccine for spiralsised baby marrow or carrots. Steam and serve as the pasta base.

CREAMY PORK & CHERRY TOMATO PASTA

SERVES
6

INGREDIENTS:

1 pack ESKORT Gold Medal Pork Sausages 375 g
1 pack ESKORT Rindless Back Bacon 200 g (chopped)
350 g cherry tomatoes
handful of fresh basil
2 cloves of garlic (minced and chopped)
1 onion (chopped)
250 ml cream
fettuccine pasta
1 French loaf (optional)

METHOD:

1. Fry the Pork Sausages in a pan until golden brown, then remove from the pan and chop up into smaller pieces.
2. Fry the garlic and onion in a pan with olive oil.
3. Set a pot to boil and cook the fettuccine according to instructions.
4. In a separate pan, fry the Bacon.
5. Add the Pork Sausages and Bacon to the onions and fry together for another 5 minutes.
6. Add the cream, fresh basil and cherry tomatoes and cook together for 5 - 8 minutes.
7. Serve the fettuccine with a generous amount of creamy pork and cherry tomato sauce. Serve with a crispy French loaf or ciabatta loaf to top it off.

TOMATO FRANKFURTER RISOTTO

SERVES
6

INGREDIENTS:

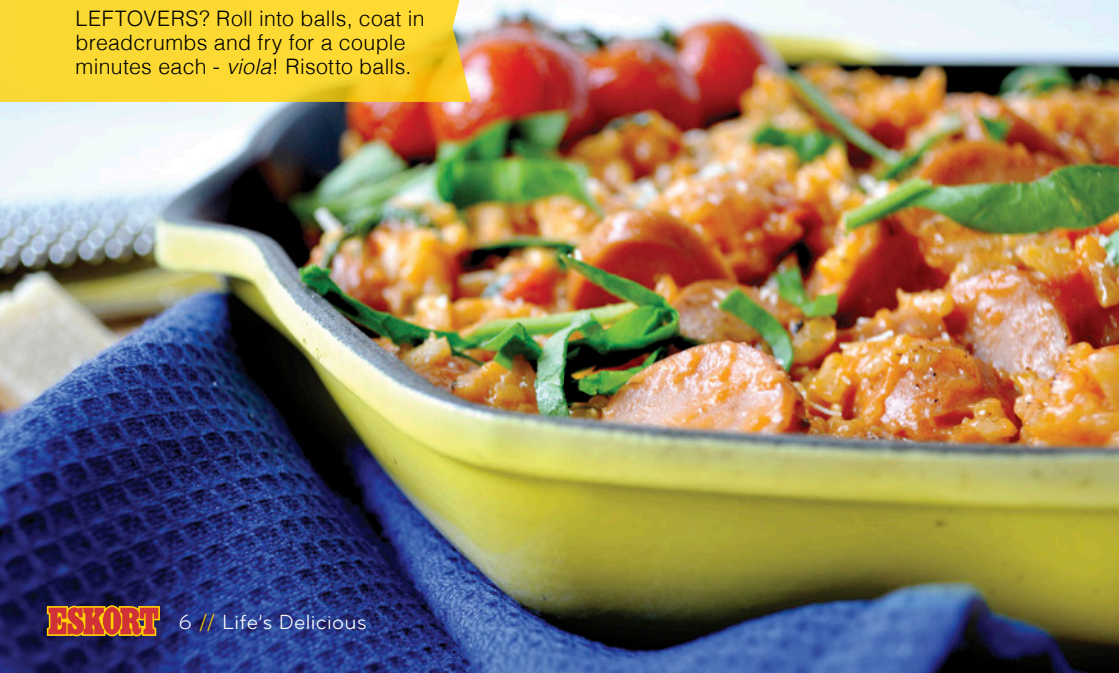
- 1 pack ESKORT Frankfurters 500 g
- 1 can chopped tomatoes
- 250 ml white wine (optional)
- 1 white onion
- 1 clove garlic
- 250 ml chopped spinach
- 125 ml grated parmesan cheese
- 15 ml butter
- 330 ml arborio rice
- 5 ml cayenne pepper
- 5 ml paprika
- 15 ml olive oil
- 1.5 litres of water

METHOD:

1. Mix 1.5 litres of water with canned tomatoes and set to simmer on the stove.
2. In a small pan, fry the Frankfurters in some olive oil with the cayenne pepper and paprika (feel free to play around with your spices - any of the red/orange spices will go great with this dish).
3. In another pan, fry onion and garlic in olive oil until onions begin to brown.
4. Add rice and fry for 5 - 10 minutes.
5. Pour in the wine and let it cook out.
6. On medium heat, add the tomato/water stock 250 ml at a time, allowing the liquid to cook out each time. Stir continuously.
7. Chop the Frankfurters and mix with the parmesan cheese and spinach into the stock.
8. Serve while it's still hot.

PRO TIP:

LEFTOVERS? Roll into balls, coat in breadcrumbs and fry for a couple minutes each - *viola!* Risotto balls.





RIB BURGERS WITH PINEAPPLE SALSA

INGREDIENTS:

- 1 pack ESKORT Rib Burgers 800 g
- 2 avocados
- cheddar cheese
- 1 large pineapple
- 3 tomatoes
- 6 seedy buns
- 250 ml fresh coriander (chopped)
- 30 ml lemon juice
- 15 ml honey

SERVES
6

METHOD:

1. Chop up pineapple and tomatoes into small cubes and mix together with coriander, lemon juice and honey.
2. Grill or braai Rib Burgers according to instructions.
3. Serve on buns with avocado, cheese and salsa.

STICKY RIBS & HOME MADE FRIES

INGREDIENTS:

- 1 pack ESKORT Loin Ribs 750 g (or Spare Ribs 1 kg)
- 6 large potatoes
- 30 - 45 ml olive oil
- salt and pepper

SERVES
4

METHOD:

1. Preheat the oven to 180°C.
2. Peel and slice the potatoes into chip-sized pieces.
3. Put the cut potatoes into a bowl of iced water (this helps get rid of the starch on the chips and makes them crispier).
4. Drain the iced water and toss the potatoes in olive oil.
5. Spread evenly on a greased baking tray and bake for 45 minutes.
6. Braai or grill the Ribs according to instructions and serve hot.



FULLY LOADED BACON PIZZA

INGREDIENTS:

- ESKORT Mini Bacon Sausages 375 g (chopped and fried)
- ESKORT Rindless Streaky Bacon 200 g (chopped and fried)
- 1 kg ready made pizza dough
- 1 large aubergine
- 2 tomatoes (sliced)
- 500 - 750 ml grated mozzarella
- 200 g tomato puree
- 30 ml oregano and 30 ml sweet basil herbs
- 30 ml sugar
- 2 handfuls of rocket leaves

SERVES
4

METHOD:

1. Roast the aubergine at 220°C for 30 minutes.
2. Mix the sugar, herbs and tomato puree together.
3. Divide dough in half, roll out to 5 mm thick and put each on a baking tray. Brush the rolled out bases with olive oil around the edges. Spread the tomato base evenly and add the mozzarella.
4. Add all the toppings except rocket.
5. Bake for 35 minutes, add rocket once out of the oven and serve immediately.



PORK, MUSHROOM & BUTTERNUT PIE

INGREDIENTS:

- 6 ESKORT Gold Medal Pork Sausages (chopped)
- 500 g diced butternut
- 250 g diced mushrooms
- 1 packet mushroom sauce
- 125 ml tub of cream
- 2 packets frozen rolled puff pastry
- 1 onion
- 15 ml sweet basil
- 1 beaten egg

SERVES
8

METHOD:

1. Roast the butternut at 220°C for 40 minutes.
2. Make packet mushroom sauce according to instructions and set aside.
3. Fry onion and mushroom in olive oil until brown. Add chopped Pork Sausages to pan and fry for 5 minutes then add cream, mushroom sauce and sweet basil.
4. Line 2 small pie tins with puff pastry and blind bake for 15 minutes.
5. Add the creamy pork filling and butternut.
6. Cover the top of both pie tins with puff pastry, brush with egg and bake at 180°C for 35 - 45 minutes.



GOURMET HOTDOGS 3 WAYS

INGREDIENTS:

Your favourite ESKORT sausages (cooked according to instructions), hot dog rolls and one of the following gourmet topping combo's...

THE ITALIAN

- basil pesto (*buy ready made basil pesto or blend fresh basil, garlic, parmesan cheese, olive oil and pine nuts in a food processor*)
- grated mozzarella cheese
- sliced tomato
- rocket

THE AMERICAN

- sliced gherkins
- creamy coleslaw (*buy ready grated cabbage and carrots or grate your own, mix with mayonnaise and lemon juice to taste*)
- mustard

THE MEXICAN

- caramelised onion (*chop onion, fry in olive oil, 15 ml sugar and a dash of balsamic vinegar to caramelise*)
- grated cheddar cheese
- guacamole (mashed avo)
- spicy Tabasco sauce



QUINOA BEET RUSSIAN SALAD

INGREDIENTS:

- 1 pack ESKORT Russians 500 g (or any of the Eskort sausage range)
- 15 ml paprika
- 3 beetroot (peeled and chopped)
- 250 ml quinoa
- 500 ml water
- 500 ml fresh baby lettuce leaves
- 100 g feta cheese

METHOD:

1. Preheat the oven to 220°C.
2. Boil 500 ml of water, add quinoa and cook until the water boils out (15 - 20 minutes).
3. Roast the beetroot in the oven for 45 minutes.
4. Chop and fry six Russians, sprinkled with paprika in a pan with some olive oil.
5. Toss the quinoa, beetroot, feta, lettuce and Russians together.
6. Serve warm or cold.

SERVES
6

CHEESY SAUSAGE STUFFED SWEET POTATO

INGREDIENTS:

- 1/2 pack ESKORT Cheese Grillers 500 g
- 4 large sweet potatoes
- 150 g broccoli
- 1 red onion
- 250 ml grated mozzarella cheese

SERVES
4

METHOD:

1. Preheat the oven to 200°C.
2. Par-boil the potatoes for 15 - 20 minutes.
3. Chop up six Cheese Grillers and the onion. Fry together.
4. Slice the par-boiled sweet potatoes down the middle.
5. Fill the sweet potatoes with the fried Cheese Grillers, onion and broccoli.
6. Top with mozzarella cheese.
7. Wrap in foil and bake in the oven for 45 - 60 minutes, or until the sweet potato is soft.



BROCCOLI & BACON SALAD WITH PEANUT SAUCE

SERVES
4

INGREDIENTS:

- 1 pack ESKORT Rindless Streaky Bacon 200 g (chopped and fried)
- 350 g broccoli florets
- 1 red onion (chopped)
- 125 ml peanuts

PEANUT SAUCE:

- 60 ml peanut butter
- 30 ml olive oil
- 15 ml soy sauce
- 30 ml honey
- 15 ml white wine vinegar
- 15 - 30 ml hot water

METHOD:

1. Toss together Bacon and salad ingredients.
2. In a pouring jug, whisk together the peanut sauce ingredients until smooth.
3. Pour peanut sauce over salad.

Funtastic Frikkadels!

An adventure in different and delicious tastes and flavours -
with your creativity as the secret ingredient!



Eskort Mini Frikkadels are delicious with savoury sauces, traditional gravy or exotic dips and condiments.

What is your favourite way to enjoy them?

Light and crunchy, they are magic in your mouth as appetizers, main course meat or the perfect party snacks.

**ESKORT MINI FRIKKADELS...
THEY HAVE THE FLAVOUR,
YOU HAVE THE FUN!**



ESKORT Life's Delicious

Eskort Mini Frikkadels - find them in the freezers at leading stores.

Find delicious Recipes & delectable Tips at eskort.com or visit [Facebook.com/EskortLifesDelicious](https://www.facebook.com/EskortLifesDelicious) for inspiration!