



30 Days Meal Plan





	Breakfast	Lunch	Dinner	Snack
Monday Day 1	Yam/Sweet potatoes + Egg stew+ Steamed veggies + Watermelon juice	Moimoi + Fish + Salad	Asun+ Garri soakings Or Shawarma	Fruits
Tuesday Day 2	Chicken or Tuna toast + Any drink/Tea of choice	Beans+ Boiled or Roasted plantain	Oatmeal swallow + Egusi soup or any soup of choice	Peanuts
Wednesday Day 3	Corned beef stew + Boiled unripe plantain	Jollof rice and Salad + Chicken	Assorted meat pepper soup	Smoothie
Thursday Day 4	Oatmeal + Fruits for toppings +One boiled egg	Jollof or Stir- fried Spaghetti + Steamed vegetables	Grilled Turkey and Sweet potato chips	Pawpaw + Apple
Friday Day 5	Sliced bread + Sardine and Egg mixture +Smoothie or Juice	White rice and Ayamase stew	Seafood Okro or Fisherman soup + Eba or any swallow of choice	Banana + nuts
Saturday Day 6	Moimoi + Pap/oatmeal + Fish	Minced meat sauce + macaroni/ spaghetti	Sweet Potato+ peppered snail /ponmo sauce	Parfait
Sunday Day 7	Avocado toast + Banana and tea	Stir fried rice + Chicken + Plantain + salad	Suya or Chicken Wrap	Order in some Pizza, Suya, Shawarma, Burger



	Breakfast	Lunch	Dinner	Snack
Monday Day 8	Pancakes + Scramble egg + Syrup	Shredded beef or Mackerel pasta	Sauté vegetables and sweet potatoes	Banana milkshake
Tuesday Day 9	Chicken wrap + Juice	Yam porridge + Fish sauce	Wheat swallow + soup of choice	Clementines
Wednesday Day 10	Irish potato + Carrot stew or Egg sauce	Panla fish stew + White rice	Noodles + Mixed veggies	Strawberry Daiquiri
Thursday Day 11	Crepes or Waffles and scrambled eggs	Sweet potato porridge + steamed vegetables	Amala + Ewedu	Oranges or Any fruit of choice
Friday Day 12	Club sandwich + coffee or tea	Rice and beans stir fry	Burger + Chips Or Shawarma	Fruit popsicles
Saturday Day 13	Ewa Agonyin + Plantain or Yam	Pounded yam/Semo/Fufu + soup of choice	Fruit salad	Milkshake of choice
Sunday Day 14	Egg toast + Hot chocolate	Jollof Rice + Mixed Veggies +Turkey	Peppered Ponmo or Ram meat + Juice	Order in some Pizza, Suya, Shawarma, Burger



	Breakfast	Lunch	Dinner	Snack
Monday Day 15	Sandwich +Tea/Coffee	Plantain porridge +Steamed mixed veggies	Fried yam + Mackerel fish sauce	Apple and Peanut butter
Tuesday Day 16	Chicken salad + Pineapple juice	Moimoi+ Fish + Garri soakings	Concoction rice	Fresh fish Peppersoup ²²
Wednesday Day 17	Cereal of choice	Barbecue Catfish/Chicken + French Fries	Oatmeal swallow + Soup of choice	Prawn crackers
Thursday Day 18	French toast + Scrambled eggs	Egg fried rice and Shredded beef sauce	Semo + Vegetable soup	Fruit juice
Friday Day 19	Boiled/Fried plantain + egg	Irish potato and fish stew ¹⁸	Spaghetti + Vegetable salad	Parfait
Saturday Day 20	Akara + Custard/Pap	Coconut rice +Turkey	Fruit salad	Plantain or Potato chips
Sunday Day 21	Bread + Egg stew	Chinese Fried Rice and Fish Sauce	Oatmeal swallow and Vegetable soup	Order in some snacks



	Breakfast	Lunch	Dinner	Snack
Monday Day 22	Smoked Turkey and cheese sandwich + Tea/Coffee	Groundnut soup + Swallow of choice	Grilled fish + Garri	Smoothie
Tuesday Day 23	Plantains + Bell pepper sauce	White rice + Goatmeat pepper soup/stew + Stir fried mixed veggies	Green smoothie + Grilled Turkey	Potato chips
Wednesday Day 24	Tapioca + milk + coconut flakes	Afang soup + swallow of choice	Fruit salad	Popcorn
Thursday Day 25	Jollof spaghetti + Boiled egg	Panla stew + Beans + Plantain	Semo + Vegetable soup /Seafood okro soup + swallow of choice	Cashew nuts
Friday Day 26	Sandwich + Hot chocolate	Boiled Yam + Mince meat/chicken stew	Bean & corn + gizdodo	Grapes
Saturday Day 27	Wateryam Balls or Akara + Pap	Poundo or Pounded yam + Soup of choice	Plantain Lasagne Or Plantain and egg	Banana bread
Sunday Day 28	Yam/Potato + Egg stew	Creamy pasta + Chicken	Peppersoup + White rice Or Order in	Parfait Or Fruits Popsicle



1. Steamed Vegetables

Ingredients

- Vegetables of your choice (soko, ugwu, spinach)
- Vegetable oil
- Chopped onions
- Crayfish powder
- Giant prawns
- Bonga fish powder
- Seasoning powder
- Salt
- Shredded mackerel fish
- Smoked catfish

Directions

- Begin by slicing your vegetables
- In a pot of boiling water, add the sliced vegetables (but do not cook the leaves)

Note: once the leaves are introduced to the boiling water turn off the heat. This is the blanching technique

- Allow the leaves to sit in water for 4 minutes after this immediately transfer the vegetable to cold running water or an ice bath (this is to stop the cooking process)
- Once the leaves cool, sieve and drain out all the liquid
- Next, heat very little vegetable oil, add chopped onions, crayfish powder, and giant prawns
- Follow with pepper mix, seasoning powder, bonga fish powder and salt
- Stir to combine, add shredded mackerel fish, and smoked catfish
- Cook for 2 minutes
- Finally, add the blanched vegetables, mix to combine and allow to simmer for 5 minutes
- Turn off the heat

Note: do not overcook the vegetables

2. Moimoi

Ingredients

- Beans (Washed and peeled)
- Red scotch bonnet
- Onions
- Dry crayfish
- Seasoning powder
- Salt
- Vegetable oil
- Water
- Smoked mackerel fish (Shredded and deboned)
- Eggs (boiled and sliced)

Directions

- Blend peeled beans, scotch bonnet, onions and dry crayfish with water in a blender till a smooth paste-like consistency is achieved
- Turn the mixture into a bowl, add and mix vegetable oil, seasoning powder and salt to taste
- Once the mixture is well combined, add the shredded mackerel fish
- Add some water to loosen up the paste
- Next, transfer the mixture into cooking cups
- Add the sliced eggs and shredded fish as toppings
- Gently put the cooking cups into a pot of boiling water
- Steam for about 35 minutes and turn off the heat



3. Pasta Salad

Ingredients

- Cooked Fusilli Pasta
- Chopped Carrots
- Chopped Frankfurters
- Sweet corn
- Boiled eggs (cut into small pieces)
- Chopped fresh parsley
- Cream Mixture Ingredients
- Unsweetened Greek yoghurt -2tbsp
- Mayonnaise- 1tbsp
- Honey- a few drops
- Chili flakes
- Dried Parsley flakes

Directions

- In a bowl, add the cooked Fusilli pasta, chopped frankfurters, carrots and sweet corn.
- Stir well to combine, add the boiled eggs and chopped fresh parsley and set aside.
- To prepare the cream mixture, add in a bowl, the unsweetened Greek yoghurt, mayonnaise, honey, chilli flakes and dried parsley flakes and mix well to combine.
- Next, add the cream mixture to the salad
- Stir altogether

4. Goat meat Asun

Ingredients

- Goat meat (cut into chunks)
- Garlic (chopped)
- Onion powder
- Salt
- Seasoning powder
- Goat meat spice
- Pepper Mix (scotch bonnet/red bell pepper/ garlic)
- Onions (chopped)
- Green/yellow bell pepper
- Vegetable oil

Directions

- In a bowl, season the goat meat with seasoning powder and salt
- Mix thoroughly, transfer into an oven or air fryer to roast
- Once the meat is well roasted, cut into smaller chunks
- Pour in a pan, add a little hot water, and stir well
- Next, go in with the pepper mix, garlic, goat meat spice, and onion powder
- Stir well, and allow to cook for 5 minutes
- Garnish with the red and green bell, stir well
- Allow to simmer for another 2 minutes and turn off the heat



5. Garri Soakings and Fried Fish

Ingredients

- Fried fish ingredients
- Frozen Mackerel fish (gutted, cleaned and sliced)
- Fish seasoning
- Ground habanero pepper
- Plain Flour
- Salt (optional)
- Vegetable oil (for frying optional)

Or an Air fryer (If you have one)

Ingredients

- Garri flakes
- Powdered milk
- Sugar or Honey (optional)
- Ice cubes
- Chilled water

Directions

- Begin by seasoning the cleaned mackerel with fish seasoning, and ground pepper.
- Set that aside.
- In another bowl, add some plain flour and salt or fish seasoning.
- Mix well, and begin to coat the seasoned fish in the flour mixture.
- Next, fry the fish on both sides in vegetable oil until it turns golden brown.
- Or cook in an Air fryer on both sides till it turns golden brown.
- Next, add in a bowl some garri, milk, sugar, ice cubes and chilled water
- Stir gently and serve with fried fish.

6. Nigerian Shawarma

Ingredients

- Any protein of choice (Minced Roasted suya/ chicken)
- Cabbage (sliced)
- Carrot (grated)
- Cucumber (minced)
- Shawarma cream
- Tortilla wraps

Cream mixture

- Greek yoghurt
- Mayonnaise
- Yaji
- Honey
- Lemon juice
- Black pepper
- Cayenne pepper

Directions

- In a bowl, add the sliced cabbage, grated carrots, minced cucumber and suya
- Follow with the shawarma cream
- Mix thoroughly to combine and set aside
- Next, gently separate the tortilla wraps in two
- On a flat surface, gently place the wraps slightly on each other
- Then fill the wraps with the vegetable mix
- Fold and roll the wrap the shawarma, till it is completely sealed
- Grill on each side for 10 minutes, in an iron wrought pan
- Finally, wrap the cooked shawarma in foil paper



7. Chicken / Tuna Toast

Ingredients

- Protein of choice (Minced cooked chicken or Tuna)
- Sliced bread (buttered)
- Cheese

A toaster

Directions

- In a preheated toaster, lay the buttered bread
- Next, gently spread the minced protein and lay the cheese
- Cover the with another sliced bread
- Toast bread for a few minutes

8. Beans

Ingredients

- Rinsed Beans (Black-eyed or Brown beans)
- Beef stock
- Palm oil
- Sweet corn (optional)
- Chopped onions
- Crayfish powder
- Pepper mixture (Smoothly blended scotch bonnet and onions)
- Seasoning powder
- Cooked mackerel (minced)
- Basil leaves (Chopped)
- Salt (optional)

Pressure cooker

Directions

- Begin by boiling the beans with beef stock in a pressure cooker.
- Cook until soft and set aside.
- Next, fry the pepper mixture in pre-heated palm oil.
- Go in with chopped onions, seasoning powder, crayfish powder.
- Fry for a bit and add the minced mackerel fish.
- Stir well and allow to cook for 5 minutes.
- Next, add the cooked beans and stir gently to combine.
- Cook on low heat and allow to simmer for 4 minutes.
- Add sweet corn (optional) and chopped basil.
- Mix gently, allow to cook for a minute and turn off the heat.



9. Grilled fish & Roasted Plantain

Ingredients

- Mackerel fish (cleaned and gutted)
- Plantains (peeled)
- Scotch bonnet pepper (Blended pepper)
- Paprika powder
- Fish seasoning
- Palm oil

Directions

- Begin by scoring both sides of the fish, rub in the blended peppers on every part of the fish
- Follow this with fish seasoning, and paprika powder
- Next, rub in palm oil and set aside (ensure that all ingredients are evenly distributed on the fish)
- Transfer, the seasoned fish and peeled plantains into an oven
- Roast for 30 minutes, till properly cooked

10. Oat Meal Swallow

Ingredient

- Instant oats (blended to fine powder)

Directions

- In a small bowl, dissolve the powdered oats with a small quantity of water
- Dissolve gently to a thick consistency while ensuring that there are no lumps
- Next, in a pot of boiling water, add the oat mixture
- Mix carefully with a spatula on medium to low heat until the mixture starts to thicken and harden up
- Once it hardens up completely, a little bit of water
- Separate and distribute the mixture in the pot, cover and allow to cook for about 3-5 minutes
- Mix thoroughly until the water completely dries off and turn off the heat



11. Egusi soup

Ingredients

- Egusi seeds (ground)
- Stockfish (soaked and seasoned)
- Fresh prawn (optional)
- Chicken/beef stock
- Chicken (Steamed and seasoned)
- Pepper mixture
- Ugwu leaves
- Palm oil
- Dry prawns
- Chopped onions
- Crayfish Powder
- Locust beans
- Crayfish seasoning powder
- Salt

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

Directions

- Heat some palm oil, and sauté onions in the slightly heated oil.
- Add crayfish powder and allow to fry along with the onions (cook on low heat)
- Stir, add dry prawns, and pepper mix, and allow to cook for 5 minutes
- Add the stockfish and seasoning powder (cook this till the oil starts to separate from the soup base).
- In a bowl, add the ground egusi and mix it with very little quantity of the chicken stock (mix till it thickens into a paste).
- Next, drop the egusi paste into the cooking soup base in small bits.
- Stir carefully till it begins to form tiny lumps or dissolves completely (continue to stir for 5 minutes).
- Add some chicken stock to loosen the soup (very little

quantity to avoid over-seasoning).

- Add the fresh shrimp, stir, and allow to cook for 3 minutes.
- Go in with the cooked chicken, and mix well to combine
- Add some more water or chicken stock
- Note: Add chicken stock only if the soup requires more seasoning.
- Cover and allow to cook for 5 minutes.
- Finally, add sliced ugwu, allow to simmer for 2 minutes and then turn off the heat



2. Corned Beef Stew

Ingredients

- Vegetable oil
- Chopped ginger
- Chopped garlic
- Chopped onions
- Red scotch bonnet (roughly blended)
- Seasoning powder
- Salt
- Dried spices (curry and thyme)
- Shredded smoked turkey (optional)
- Meat stock
- Corn beef
- Diced carrots (optional)

Directions

- In a pan, heat some vegetable oil, add onions, garlic, ginger and the roughly blended peppers
- Stir and allow to simmer for 5 minutes, then add seasoning powder, dry spices and salt
- Add shredded turkey and mix well
- Follow with the meat stock and allow to cook for 4 minutes
- Next, go in with the corned beef and some water
- Allow to cook on low heat for 15- 20 minutes
- Add carrot, allow for simmer for another one minute and turn off the heat

13. Jollof Rice

Ingredients

- Blended pepper mix
- Vegetable oil
- Onions (chopped & Sliced)
- Tomato paste
- Curry
- Thyme
- Seasoning powder
- Ginger & garlic powder
- Chicken stock
- Rice (washed)
- Butter

(Pepper mix ingredients: tomato/ red bell pepper/scotch bonnet/onions)

Directions:

- Begin by boiling the pepper mix till all the liquid dries completely
- Next, heat some vegetable oil, and saute chopped onions in the oil for one minute
- Add tomato paste and fry for 10 minutes, add the parboiled pepper mix
- Add curry, thyme, rosemary, seasoning powder, ginger and garlic powder
- Stir to combine, add chicken stock and bay leaves
- Add washed rice, stir well, and add water a little above the rice level
- Seal pot with foil paper, and cover to cook for 30 minutes
- After cooking for 30 minutes, add some butter and onions for garnish
- Stir to combine well
- Allow to cook for 2 minutes and turn off the heat



14. Assorted Meat Pepper soup

Ingredients

- Assorted meat (goat meat, tripe/Shaki)
- Scotch bonnet peppers (Blended)
- Ground Cameroon pepper
- Chopped onions
- African Basil (Scent leaf)
- Ginger
- Garlic
- Pepper soup spices
- Salt
- Seasoning powder

Directions

- In a pot, add the thoroughly washed goat meat and some water (quite a bit of water).
- Then allow to simmer for about 10 minutes
- Roughly blend the peppers, ginger, garlic and basil leaves.
- After boiling the meat for 10 minutes, drain out the liquid from the meat.
- Next, add in some onions, the dried Cameroon Pepper for heat and flavour, seasoning cubes and some salt, cover and allow to cook.
- After about 20 minutes of boiling, add pepper soup spices, give this a good mix and allow to cook
- Cook for another 10 minutes, then add the pepper mix blended earlier in step 2.
- Leave for another five minutes and turn off the heat.

15. Stir Fry Pasta

Ingredients

- Pasta
- Vegetable oil
- Sesame oil
- Chopped onions and spring onions
- Sweet chili sauce
- Dry chili flakes
- Dark soy sauce
- Oyster sauce
- Sliced carrot
- Cooked prawns
- Cooked snails

Directions

- Boil the pasta in boiling water till almost cooked.
- Strain liquid and set the pasta aside (save some of the pasta liquid for use subsequently)
- In a pan, heat some vegetable oil and some sesame oil.
- Sauté onions and spring onions to release their flavours.
- Add dry chili flakes, garlic, and some sweet chili sauce.
- Stir well to combine, and add the cooked pasta.
- Next, add dark soy sauce, oyster sauce, sliced carrots, and some the pasta liquid.
- Mix well, and go in with the cooked prawns, snails and some more spring onions for garnish.
- Stir to combine, allow to cook for a minute and turn off the heat.



16. Grilled Turkey and sweet potato chips

Ingredients

- Turkey (cleaned)
- Seasoning powder
- Chili powder
- Chicken seasoning
- Gound scotch bonnet pepper
- Ginger powder
- Garlic powder
- Salt
- Parsley powder
- Sesame oil

Ingredients for sweet potato chips

- Sweet potato (peeled, washed and sliced in strips)
- Salt (optional)
- Vegetable oil (for frying)

Or an Air fryer

Directions

- Into the cleaned turkey, add seasoning powder, chili powder, chicken seasoning powder, ground scotch bonnet pepper, ginger powder, ginger and garlic powder
- Add a pinch of salt and parsley powder
- Then go ahead to drizzle sesame oil
- Thoroughly massage the ingredients into the turkey until well mixed
- Place the turkey on a parchment paper if necessary
- Grill in an oven on both sides until cooked thoroughly and set aside
- Next seasoning the sliced potato with salt or seasoning powder
- Fry in heated oil or an air fryer until golden brown

17. Sliced Bread with sardine and egg mixture (Risky burger)

Ingredients

- Mayonnaise
- Sardines
- Boiled eggs (mashed)
- Grated carrots
- Loaf or Sliced bread

Directions

- Into a bowl, add two heaped spoons of mayonnaise, sardines, mashed eggs, and grated carrots
- Mix together to combine
- Next, begin to spread the mixture to sliced bread and cover with another slice
- Repeat the process until the mixture is exhausted
- Heat up a grilling pan with butter and grill the bread until golden brown.



18. Ofada rice and Ayamase sauce

Ingredients

- Roughly blended pepper mix
- Bleached palm oil
- Locust beans
- Cooked goat meat
- Crayfish powder
- Boiled eggs

(Pepper mix ingredients: Green Scotch bonnet pepper, green bell pepper, green chilli pepper, Onions & tomatoes)

Directions for Ayamase sauce

- Into a pot, turn in a generous amount of bleached palm oil
- Allow to heat up a bit, then add locust beans
- Fry for a minute, then add the cooked goat meat and allow to fry for a minute
- Then go in with the blended pepper mix and cook on low heat
- Next, add crayfish powder, seasoning powder and boiled eggs
- Cover and allow to cook on low heat till the oil separates from the sauce
- Stir and turn off the heat

Directions for Ofada rice

- Add washed ofada rice into a pot of boiling water
- Cook for 10 minutes, and parboil
- Transfer the parboiled rice back into the pot and add some salt
- Cook for another 40 minutes and turn off the heat

19. Seafood Okra

Ingredients

- Palm oil
- Red scotch bonnet (blended)
- Dry bonga fish
- Smoked mackerel fish
- Crabs (cleaned and gutted)
- Calamari (cleaned)
- Fresh Fish
- Seasoning powder
- Salt
- Okra (chopped & Sliced okra)
- Uziza leaves (sliced)
- Ugwu leaves

Directions

- Heat some oil in a pot, go in with the blended peppers, crayfish powder and dry fish.
- Stir, and allow to cook for 5 minutes.
- Add some water and begin to boil.
- Next, add the crabs, calamari, fresh fish, seasoning powder and salt.
- Allow to cook for 12 minutes, then take the fresh fish into a bowl and set aside.
- Proceed to add in the chopped okra, and stir well to combine.
- Then add the shredded smoked fish.
- Allow to cook for a minute, then add the sliced okra, uziza and ugwu leaves.
- Cook for 3 minutes, add the fresh fish.
- Gently stir, allow to simmer for a minute and turn off the heat.



20. Fisherman soup

Ingredients

- Blended Pepper mix
- Palm oil
- Chopped Onions
- Fresh fish (cleaned and gutted)
- Crabs (cleaned and gutted)
- Giant prawns (cleaned and gutted)
- Calamari (cleaned)
- Snails (optional)
- Seasoning powder
- Crayfish powder
- Salt
- Corn starch
- Garlic
- African basil (scent leaf)

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers and onions)

Directions

- To begin, heat some palm oil in a pot, saute chopped onions for a minute
- Proceed to add the calamari, fresh fish, cooked snails, and the crabs
- Then add garlic, crayfish, and seasoning powder and salt
- Stir, cover, and allow to cook in the oil for 4 minutes
- After four minutes of cooking, add the pepper mix
- Stir gently, cover and cook for 15 minutes
- In a small bowl dissolve, a tablespoon of cornstarch in a little water (this will serve as a thickener)
- Add the giant prawns into the boiling pot and proceed to add the cornstarch mixture
- Allow to cook for 3 minutes, then add the sliced basil leaves
- Stir gently, allow to simmer for a minute and turn off the heat

21. Minced Meat Sauce

Ingredients

- Minced beef
- Red, Green and Yellow Bell Peppers (cleaned and sliced)
- Sliced onions
- Oyster sauce
- Dark soy sauce
- Ketchup
- White pepper
- Sesame oil
- Vegetable oil

Directions

- In a pan, heat some vegetable and sesame oil
- Sauté the sliced onions and add the minced beef
- Cook on medium heat until it turns brown
- Add white pepper and allow to simmer
- In a small bowl mix and combine thoroughly the oyster sauce, ketchup, and soy sauce
- Add mixture to the cooking meat
- Stir and cook for 3 minutes
- Add the sliced vegetables
- Stir fry for 5 minutes and turn off the heat



22. Peppered Snails

Ingredients

- Snails (cut in small chunks)
- Chopped onions
- Chopped garlic
- Vegetable oil
- Parsley
- Blended pepper mix
- Seasoning powder
- Smoked turkey (optional)

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

Directions

- Begin by cooking the snails with chopped onions, seasoning powder, onions and garlic
- Add a little water and allow to cook
- Next, heat up vegetable oil, and fry the cooked snails and turkey
- Add garlic, parsley, pepper mix, seasoning powder and salt and allow to cook
- Cook until the oil starts to separate from the sauce and turn off the heat

23. Peppered ponmo

Ingredients

- Ponmo (steamed and seasoned)
- Cooked beef
- Scotch bonnet pepper (red and green)
- Vegetable oil
- Seasoning powder
- Salt
- Onions (chopped)
- Parsley (shredded)
- Vegetable oil

Directions

- In a pan, sauté onions, and parsley for a minute
- Add the steamed ponmo, and cooked beef
- Add seasoning powder, salt and blended peppers
- Stir well, and allow to cook for 12 minutes
- Note: stir at intervals to avoid burning up the sauce



24. Avocado Toast

Ingredients

- Sliced Bread (Toasted)
- Shredded cooked chicken
- Yaji pepper
- Salt
- One fresh medium-sized Avocado (mashed)

Directions

- In a bowl, add shredded chicken, yaji pepper and some salt
- Then go in with the mashed avocados
- Stir well to combine the mixture
- Then spread the mixture on the toasted bread and cover up with another slice

25. Stir Fry Rice

Ingredients

- Fresh raw eggs (3 medium-sized pieces)
- Chopped frankfurters
- Chopped onions
- Prawns (gutted and cleaned)
- Cooked rice
- Diced carrots
- Sliced Scotch bonnet
- Sliced spring onions
- Seasoning powder
- Salt
- Vegetable oil
- Oyster sauce
- Curry powder

Directions

- In a pan, fry the cracked eggs
- Add the chopped frankfurters onions and prawns
- Allow to fry for 4 minutes
- Add the cooked rice, diced carrots, sliced peppers, spring onions
- Next add seasoning powder, salt and drizzle some vegetable oil
- Stir well to combine, then go in with oyster sauce and curry powder
- Continue to stir for 2 more minutes and turn off the heat.



26. Pancakes and scrambled eggs

Ingredients for pancakes

- All-purpose flour (1 cup)
- One egg
- Sugar (2 tbsp)
- Baking powder (2 tsp)
- Salt (a pinch)
- Vanilla flavour (half tsp)
- Melted butter
- Liquid milk

Ingredients for scrambled eggs

- Vegetable oil
- Fresh raw eggs
- Salt (a pinch)

Directions

- Begin by sieving the flour, salt and baking powder into a bowl to remove any lumps
- Next, add sugar, and mix well
- Separate the egg white from the yolk, and beat the egg white until a white foamy consistency is achieved
- Add the egg yolk, melted butter, vanilla extract and milk into the flour mixture.
- Mix all ingredients with a whisk until the batter is smooth (do not over-mix)
- Use a spatula to fold in the whipped egg white gently

NB: You do not need to completely mix in the egg whites, allow some of the egg whites to remain visible in the batter

- In a nonstick pan on low heat, gently scoop the batter.
- Begin pouring from the middle of the pan and allow to spread
- Cover and fry for about 3 minutes,
- flip to fry the other side when you start to notice bubbles

on the pancake

- Allow to cook for a few more minutes
- Repeat the process until the mixture is exhausted

Directions for scrambled eggs

- In a pan, heat some vegetable oil
- In another bowl, crack some eggs
- Add a pinch of salt, and whisk
- Next, turn the mixture into the heated oil and fry until it begins to turn white
- Using a spatula or a whisk scramble the eggs to the desired consistency and turn off the heat



27. Shredded Beef or Mackerel Fish Pasta

Ingredients

- Pasta
- Vegetable oil
- Sesame oil
- Chopped onions and spring onions
- Sweet chili sauce
- Dry chili flakes
- Dark soy sauce
- Oyster sauce
- Sliced carrot
- Cooked mackerel fish or beef (shredded)

Directions

- Boil the pasta in boiling water till almost cooked.
- Strain liquid and set the pasta aside (save some of the pasta liquid for use subsequently)
- In a pan, heat some vegetable oil and some sesame oil.
- Sauté onions and spring onions to release their flavours.
- Add dry chili flakes, garlic, and some sweet chili sauce.
- Stir well to combine, and add the cooked pasta.
- Next, add dark soy sauce, oyster sauce, sliced carrots, and some pasta liquid.
- Mix well, add the shredded mackerel and some more spring onions for garnish.
- Stir to combine, allow to cook for a minute and turn off the heat.

28. Yam porridge (asaro)

Ingredients

- Yam (peeled, washed and cut into small chunks)
- Pepper mix
- Crayfish powder
- Dry prawns
- Chopped onions
- Seasoning powder
- Salt
- Fresh prawns
- Sugar
- Palm oil

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

Directions

- In a pot, heat some palm oil, go in with chopped onions and sauté for a minute
- Add the pepper mix, stir well, then add seasoning powder, salt and crayfish powder
- Cover and allow to cook for 10 minutes
- Next add dry prawn, yam and a tablespoon of sugar
- Add water to yam level, stir well
- Cover and allow to cook, until the yams soften
- Add the fresh prawns
- Using a spatula, mash the yams slightly to form a paste
- Stir well, allow to cook for 2 minutes and turn off the heat



29. Carrot pepper stew

Ingredients

- Carrots
- Fresh chili peppers
- Onions
- Red Scotch bonnet peppers
- Chopped curry leaves
- Chopped onions
- Chopped ginger
- Chopped garlic
- Dry prawns
- Any protein of choice (cooked)
- Crayfish powder
- Seasoning powder
- Salt

Directions

- Begin by blending the carrots, peppers and onions, set aside
- In a pan, heat some vegetable oil
- Add the chopped curry leaves, ginger, garlic, prawn and fry for a bit
- Next add the protein of choice, crayfish powder, seasoning powder and salt
- Allow to cook properly, till the oil begins to separate from the sauce
- Turn off the heat.

30. Panla Fish sauce

Ingredients

- Boneless Fish fillet (cut into small chunks)
- Chopped onions
- Chopped spring onions
- Chopped yellow, red, & green bell peppers
- Oyster sauce
- Dry chilli
- Sliced carrots
- Corn starch
- Vegetable oil

Directions

- In a pan, heat up some vegetable oil, then add onions, and spring onions
- Stir well and allow to sauté for a bit
- Then add chopped yellow, red, and green bell peppers
- Add the oyster sauce (seasoning powder or salt is not required)
- Stir well to combine, then proceed to add the dry chilli and sliced carrots
- Add the cut fish fillet and allow to cook for 5 minutes
- In a small bowl, dissolve the cornstarch in little water
- Add the starch mixture to the cooking vegetables
- Stir gently, allow to simmer for 10 minutes and turn off the heat



31. Yamarita and Egg sauce

Ingredients for yamarita

- Yam (peeled, thinly sliced and cut into small bits)
- Raw Eggs
- Corn starch
- Flour
- Seasoning
- Mix spices
- Salt
- Vegetable Oil

For the egg sauce

- Pepper mix (roughly blend chili, bell peppers, and scotch bonnet)
- Chopped Onions
- Garlic
- Seasoning powder
- Salt
- Yaji
- Chopped Garlic
- Raw eggs (whisked with a pinch of salt)
- Cooked Mackerel fish (Shredded)
- Vegetable oil

Directions for yamarita

- Begin by boiling the yams and some salt, yaji and pepper
- cook for about 5- 8 minutes, till slightly cooked
- Strain the yams and set aside
- Crack some eggs into a bowl, add some yaji, seasoning powder whisk and set aside
- In another bowl add the flour, and cornstarch and mix them
- Pick the yam slices, and dip them in the egg mixture, until fully immersed
- Then coat in the flour mixture, dip again the egg mixture
- Set the coated yam slices in a tray and repeat the process

till all the slices are properly coated

- Fry in a preheated oil on medium heat for 5 minutes and take it off the heat
- Place fried yamarita in a bowl lined with a kitchen towel to drain off excess oil

Directions for egg sauce

- In a pan, heat some vegetable oil, sauté onion and garlic
- Add the pepper mix, seasoning powder and yaji
- Allow to cook on very low heat for 5 minutes
- Add the shredded and deboned mackerel fish
- Add the whisked eggs, and fry the eggs about 3 minutes until they solidify
- Turn off the heat



32. Noodles

Ingredients

- Green peas
- Diced carrots
- Sliced spring onions
- Chili flakes
- Chopped onions
- Chopped garlic
- Fresh raw eggs
- Vegetable oil

Directions

- In boiling water, add noodles and allow to cook for about three minutes
- Strain liquid and set aside
- In a pan heat up some oil, and scramble some eggs
- Once the eggs are well scrambled, set aside in the pan and add some onions and garlic
- Add the green peas, diced carrots, and spring onions
- Next, add the chili flakes and add the instant noodle seasoning
- Stir together and add cooked noodles
- Add some more spring onions for garnish, stir to combine and turn off the heat

33. Crepes / Waffles

Ingredients

- All-purpose flour (1 cup)
- Salt (a quarter tsp.)
- Sugar (2 tsp.)
- Two eggs (whisked)
- Liquid milk (half cup)
- Melted butter (2 tsp)
- Water (1 cup)

For waffles

- Liquid milk
- All-purpose flour (2 cups)
- Sugar (2 tbsp.)
- Baking powder (1 tbsp)
- Salt (1 tsp)
- Melted butter
- Two eggs

Directions for Crepes

- In a bowl add all-purpose flour, salt, sugar and mix well
- Then go in with the whisked eggs, liquid milk and melted butter
- Mix well to combine
- Then water to loosen up the batter and mix properly
- Lightly oil a pan or brush the pan with oil
- Scoop the batter into the pan and fry for 2 minutes
- Flip over to the other side and fry till it begins to turn brown
- Serve with any filling of choice

Directions for Waffles

- In a bowl mix the flour, sugar, baking powder and salt
- In another bowl prepare the wet mixture by adding liquid milk, melted butter and eggs
- Whisk all together to combine (ensure that the batter is



not too thick or runny)

- Scoop batter into an oiled waffle maker and cook till it turns brown
- Repeat the process until the batter is exhausted

34. Nigerian sweet potato porridge

Ingredients

- Sweet potato (peeled, cleaned and cut into small bits)
- Vegetable oil
- Smoked Chicken
- Smoked fish
- Chopped onions
- Pepper mix (roughly blended red scotch bonnet pepper and onions)
- Seasoning powder
- Salt

Directions

- In a pot heat up some vegetable oil, and fry the smoked chicken and fish.
- Add the chopped onions, pepper mix, salt and seasoning powder.
- Add some water, cover and allow to boil.
- Into the boiling pot, add the sliced potatoes (ensure that the potatoes and water are on the same level).
- Cook the potatoes till soft.
- Stir, allow to simmer for a minute and turn off the heat.

35. Amala & Ewedu

Ewedu soup ingredients

- Ewedu leaves
- Potash (dissolved)
- Crayfish
- Locust beans
- Salt

Amala Ingredient

- Elubo powder
- Boiling water

Directions for preparing Ewedu

- In a pot of boiling water, add the dissolved potash
- Add the ewedu leaves
- Add crayfish, locust beans, and salt
- Cook this for 8 minutes
- After boiling, transfer into a blender and blend to a smooth consistency
- Turn the ewedu into a pot and cook for a minute on low heat

Directions for preparing Amala

- In a pot of boiling water, continuously stir in elubo powder
- Stir vigorously until the powder is no longer visible and starts to thicken
- Once the mixture solidifies, add a little hot water
- Spread the mixture around in the pot, to enable it to cook thoroughly
- Cover and allow to cook for 5 minutes,
- Next, begin to turn and fold the amala till the liquid completely dries off
- Continue this process until a smooth and stretchy consistency is achieved



36. Club Sandwich

Ingredients

- Cooked shredded chicken
- Mayonnaise
- Butter
- Sliced bread
- Fresh Lettuce

Directions

- In a bowl mix the shredded chicken with mayonnaise
- Next butter up some slices of bread
- Gently spread the shredded chicken and mayonnaise mixture on a buttered slice
- Cover up with another slice
- Repeat the process until the mixture is exhausted

37. Rice and Beans porridge

Ingredients

- Cooked beans
- Basmati rice (soaked)
- Onions (chopped)
- Spring onions (chopped)
- Vegetable oil
- Ginger & garlic paste
- Crushed tomatoes
- Scotch bonnet peppers
- Dry fish
- Salt
- Seasoning powder
- Curry powder
- Paprika powder

Directions

- Heat some cooking oil, sauté chopped onions, spring onions, ginger and garlic paste
- After a minute, add paprika powder, curry powder, crushed tomatoes and pepper
- Add seasoning powder and salt
- Fry till the oil separates from the sauce
- Next, add in the soaked basmati rice, stir with the sauce and ensure it is well combined
- Add in the cooked beans, stir again, and add some hot water (to rice level)
- Go in with the dry fish, and cook till soft
- After cooking for a few minutes, stir and turn off the heat



38. Ewa Agoyin and Agoyin Sauce

Ingredient

- Honey beans

Pressure cooker

For the sauce

- Pepper mix (dried Chili and onions)
- Dried fish
- Crayfish powder
- Sliced onions
- Seasoning powder
- Salt
- Palm oil

Directions

- Begin by rinsing the beans, and transfer them into the pressure cooker
- Cook the beans in meat stock and some water until completely soft
- Mash the cooked until the bean seeds are no longer visible (optional)

Directions for the sauce

- Soak the dry chilli in hot water, once the peppers are completely soaked and softened
- Transfer into a food blender
- Add some onions, and blend roughly
- Heat a generous amount of palm oil, and fry the sliced onions for a few minutes in the oil till it caramelise
- Add the roughly blended peppers (do not add water)
- Allow the pepper mix to fry in the oil on very low heat for 1 hour
- Add the seasoning powder, salt, crayfish powder and dried fish
- Fry for another 5 minutes and turn off the heat

39. Egg Toast

Ingredients

- Raw eggs (seasoned and whisked)
- Cooked Shredded chicken
- Pepper mix (roughly blended scotch bonnet pepper and onions)
- Sliced bread
- Butter
- Toaster

Directions

- In a pan, heat up some oil, sauté onion and the pepper mix
- Add the shredded chicken, fry for about a minute
- Then add the whisked eggs, and fry to achieve large chunks of egg
- Proceed to butter the sliced bread
- Gently place the buttered part on the toaster
- Spread the fried eggs and cheese
- Cover up with another buttered side
- Toast till golden brown



40. Concoction Rice

Ingredients

- Pepper mix
- Vegetable oil
- Bay leaves
- Salt
- Curry powder
- Seasoning powder
- Shredded chicken
- Dry prawns

(pepper mix ingredients: Red scotch bonnet peppers, red bell pepper, garlic & Onions)

Directions

- Begin by blending the red scotch, bell peppers, Onions and garlic (blend roughly)
- In a pot, heat some vegetable oil and margarine
- Sauté some chopped onions and add bay leaves
- Then go in with the blended pepper mix
- Stir fry for about 10 minutes
- Add salt, seasoning powder, curry powder, and thyme
- Stir, add very little water, cover and allow to cook
- After cooking for 2 minutes, add the washed rice
- Stir well, and add water to the rice level
- Cover, allow to cook till tender, and turn off the heat.

41. Semolina Swallow

Ingredients

- Semolina
- Vegetable oil

Directions

- Begin by preparing the base, do this by adding one cup of semolina flour into a small bowl

NB: Quantity should depend on the total amount of flour, increase or reduce the quantity of the flour for the base as needed

- Dissolve the flour in water and set aside
- In a pot of boiling water, drizzle some oil and add the base mixture
- Begin to stir together, and gradually start to pour in the semolina flour
- Keep stirring while pouring in the flour
- Continue this process until the mixture begins to thicken and solidify
- Once the mixture solidifies, add some warm water
- Gently spread the mixture around in the pot and allow to cook for 5 minutes
- Proceed to gently fold the mixture gradually until all the liquid in the pot gradually dries up
- Once completely dried, turn off the heat



42. Plantain porridge

Ingredients

- Plantains (peeled & cut in chunks)
- Blended pepper mix
- Crayfish powder
- Dry prawns
- Chopped onions
- Seasoning powder
- Salt
- Smoked mackerel (shredded and deboned)
- Sardines (optional)
- Palm oil
- African basil (sliced)

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

Directions

- In a pot of boiling water, add shredded fish and crayfish powder
- Add the pepper mix, and palm oil, stir gently and cover
- Allow to boil for 10 minutes, then add seasoning powder and salt
- Stir, cover, and allow to boil for 5 minutes
- Next, add the plantains, and sardines
- Cooked for 15 minutes, then add the sliced basil
- Stir to mash the plantains slightly
- Finally, allow to simmer for 3 minutes and turn off the heat

43. Mackerel Fish sauce

Ingredients

- Boneless Fish fillet (cut into small chunks)
- Chopped onions
- Chopped spring onions
- Chopped yellow, red, & green bell peppers
- Oyster sauce
- Dry chilli
- Sliced carrots
- Corn starch
- Vegetable oil

Directions

- In a pan, heat up some vegetable oil, then add onions, and spring onions
- Stir well and allow to saute for a bit
- Then add chopped yellow, red, and green bell peppers
- Add the oyster sauce (seasoning powder or salt is not required)
- Stir well to combine, then proceed to add the dry chilli and sliced carrots
- Add the cut fish fillet and allow to cook for 5 minutes
- In a small bowl, dissolve the cornstarch in little water
- Add the starch mixture to the cooking vegetables
- Stir gently, allow to simmer for 10 minutes and turn off the heat



44. Catfish Pepper Soup

Ingredients

- Catfish (washed and gutted)
- Scotch bonnet Peppers (as much as you can handle)
- Onions
- ginger and garlic paste
- 5 Cayenne peppers (Bawa)
- A handful of Spring onions
- 1 large Tomato
- 1 heaped tablespoon pepper soup spice
- 1 tablespoon ground crayfish
- A handful of chopped scent leaf
- Seasoning powder
- Salt
- A small piece of Uyayak

Directions

- Put cleaned pieces of catfish into a pot, add some salt and set aside for about an hour (this is to allow the fish to absorb some of the salt).
- After letting the fish sit for an hour, add very little water, just enough to steam the fish.
- Roughly blend the scotch bonnet peppers, cayenne pepper, spring onions and add to the steaming fish.
- Follow with the uyayak, salt, and seasoning powder, cover this and allow it to steam for a few minutes.
- While cooking, blend some more peppers, onions and one large tomato and set aside.
- Into the pot, add some ginger and garlic paste, followed by pepper soup spices and the blended pepper and tomato mix.

• Next add enough water, cover and allow it to cook

Note: when cooking fish be careful not to stir vigorously

- Finally, add the chopped African basil leaves, and cook for 2 minutes
- Finish up with some crayfish powder (highly optional)
- Turn off the heat.

Note: Do not over-cook, total cooking time should last 20- 30 minutes

45. BBQ Catfish

Ingredients

- Catfish (cleaned and gutted)
- Salt
- Cayenne pepper
- Yaji
- Softened butter
- Red scotch bonnet (Fresh and ground)
- Onion powder

Directions

- Gently place the cleaned catfish on a foil paper.
- Using a knife, make vertical incisions on the catfish.
- Apply a dry rub of salt, cayenne pepper and yaji, then set aside.
- In a clean bowl, mix softened butter, scotch bonnet pepper, seasoning powder and onion powder,
- Apply the mixture thoroughly over the catfish.
- Next, seal up the fish with the foil paper
- Lastly, grill the fish in the oven till properly cooked



46. French Toast

Ingredients

- Loaf of Bread/ Sliced bread
- Raw eggs
- Liquid milk
- Vanilla flavour
- Cinnamon powder
- Butter

Directions

- In a bowl, crack some eggs, add liquid milk, vanilla flavour, cinnamon powder
- Whisk the mixture to combine
- Next, soak up the bread slices in the mixture
- Proceed to butter up a pan on low heat
- Fry each soaked slice on both sides, until golden brown
- Repeat the same process for all the slices and turn off the heat

47. Egg Fried rice and Shredded beef sauce

Ingredients

- Sliced Bell peppers (Red, yellow, green)
- Fresh shredded beef
- Chopped onions
- Red scotch bonnet (sliced)
- Cayenne pepper powder
- Onion powder
- Garlic powder
- Oyster sauce
- Corn starch
- Honey
- Canola oil

For Egg rice

- Precooked rice (cooked with salt)
- Butter
- Chopped onions
- Raw eggs

Directions for beef sauce

- In an empty bowl, transfer the shredded beef and season with oyster sauce
- Add the garlic powder, cayenne pepper, onion powder, and the cornstarch
- Stir all together to combine, set aside to marinate for 30 minutes
- Next, heat some oil and proceed to stir-fry the shredded beef
- Cook on very low heat, until the colour changes to brown
- Once completely cooked, transfer the beef to another bowl
- Clean the pan, and heat some oil again
- Sauté the chopped onions, and sliced scotch bonnet peppers
- Add garlic powder and all the sliced bell peppers



- Stir fry on low heat for about a minute and add the cooked beef
- Stir together and check for seasoning
- If necessary, go in with more oyster sauce to taste

Directions for fried egg rice

- Heat some butter, fry some onions
- Go in with the raw eggs, and scramble using a whisk
- Add the precooked rice gradually and gently mix to combine
- Add seasoning powder to taste
- Stir fry the rice until completely dry and fluffy
- Turn off the heat

48. Vegetable soup

Ingredients

- Meat stock
- Cooked assorted meat (goat meat/ offals)
- Cooked stockfish
- Red scotch bonnet pepper (blended)
- Crayfish powder
- Palm oil
- Waterleaf (washed and sliced)
- Ugwu leaves (washed and sliced)
- Seasoning powder
- Salt

Directions

- In a pot, pour in meat stock, cooked assorted meat, cooked stockfish, blended peppers and crayfish powder
- Allow to cook on low heat for 5 minutes
- Go in with more crayfish, seasoning powder, salt and palm oil
- cover and allow to simmer for a minute
- Next add the sliced waterleaf, more blended pepper, and stir well to combine
- Allow to cook for a minute
- Then go in with the sliced ugwu, periwinkle
- Allow to cook for 2 minutes and turn off the heat
- Note: Do not overcook the vegetables



49. Spaghetti and Vegetable salad

Ingredients

- Pasta
- Vegetable oil
- Sesame oil
- Chopped onions and spring onions
- Sweet chili sauce
- Dry chili flakes
- Dark soy sauce
- Oyster sauce
- Sliced carrot
- Cooked prawns
- Cooked snails

Ingredients for vegetable salad

- Cucumber (peeled and sliced)
- Red ripe Tomatoes (washed and sliced)
- Fresh Lettuce (washed and sliced)
- Cooked potatoes
- Baked beans (strained)
- Sweet corn
- Boiled eggs
- Carrots (washed, sliced and blanched)
- Spring onions
- Cabbage (washed and shredded)

Directions for spaghetti

- Boil the pasta in boiling water till almost cooked.
- Strain liquid and set the pasta aside (save some of the pasta liquid for use subsequently)
- In a pan, heat up some vegetable oil and some sesame oil.
- Sauté onions and spring onions to release their flavours.
- Add dry chili flakes, garlic, and some sweet chili sauce.
- Stir well to combine, and add the cooked pasta.
- Next, add dark soy sauce, oyster sauce, sliced carrots, and a little bit of the pasta liquid.

- Mix well, and go in with the cooked prawns, snails and some more spring onions for garnish.
- Stir to combine, allow to cook for a minute and turn off the heat.

Directions for vegetable salad

- Begin by dicing the cooked potatoes, slicing the boiled eggs
- In a bowl, layer the salad by adding the shredded cabbage first
- Followed by the sliced lettuce, cooked potatoes, sweet corn and baked beans
- Proceed to add the sliced tomatoes, spring onions, and boiled egg
- Repeat the layering process until all the ingredients are exhausted
- Refrigerate for an hour before consumption



50. Pap and Akara

Ingredients

- Beans (washed and peeled)
- Pepper mix (scotch bonnet, chili peppers and onions)
- Cooked and Deboned mackerel fish
- Salt
- Seasoning powder (optional)
- Vegetable oil
- Ingredients for pap
- Raw pap
- Boiling water

Directions

- Begin by blending the washed beans, and pepper mix in a food blender
- Blend to a smooth consistency
- Once blended smoothly, add some salt, the mackerel fish and mix to combine
- Scoop the batter in small batches and fry in hot vegetable oil
- Fry on both sides until golden brown and set aside
- In a bowl add the raw pap, and very little water in bits
- Use a spoon to break up the pap chunks into a liquid mix
- Until the mixture is very thick and has a ribbon texture (not a runny consistency)
- Next pour over the mixture, hot boiling water
- Keep stirring while pouring in the water, and continue until the mixture starts to get resistance
- Continue the process till the pap begins to thicken up and set
- Immediately it sets, stop pouring in the water and just mix well till properly combined

51. Coconut Fried Rice

Ingredients

- Coconut oil
- Salted butter
- Chopped onions
- Chopped garlic
- Rice (Basmati optional)
- Coconut milk
- Meat stock
- Protein of choice (cooked turkey/chicken)
- Sliced carrots
- Diced red and green bell peppers
- Coconut flakes
- Chopped scotch bonnet pepper
- Chicken seasoning powder
- Salt

Directions

- Heat some coconut oil and the salted butter
- Sauté chopped onions, garlic and add washed rice
- Stir fry on low heat for 10-15 minutes
- Proceed to add coconut milk and meat stock just a little above the rice level
- Cover and allow to cook till tender and take it off the heat
- In a pan, heat some more coconut oil and sauté some garlic and onions
- Add cooked shredded turkey, and drizzle a little bit of sesame oil
- Add all the veggies, bell peppers, scotch bonnet and coconut flakes
- Add seasoning powder and salt, and mix to combine
- Gradually add the cooked rice and stir fry on low heat
- Continue to stir fry till properly mixed add spring onions for garnish
- Turn off the heat



52. Egg Stew

Ingredients

- Pepper mix
- Raw Eggs (as much as possible)
- Smoked mackerel fish (deboned)
- Vegetable oil
- Chopped garlic
- Chopped onions
- Seasoning powder
- Salt
- Garlic powder
- Fresh thyme

Pepper mix ingredients:

Tomatoes, red bell peppers, spring onions, scotch bonnet pepper (blended and boiled)

Directions:

- In a bowl, crack the eggs and mix with salt and garlic powder
- Heat some oil in a pan, and fry the eggs, do not scramble
- Fry for a bit before stirring to allow the egg to retain some chunks
- Once the eggs are completely fried transfer them into a bowl and set aside
- For the stew base, heat some oil,
- Fry onions, fresh thyme, chopped garlic and the deboned mackerel
- Fry on low heat till the fish turns golden brown
- Proceed to add the pepper mix, seasoning powder and salt
- Cover and allow to fry for 10-15 minutes
- Add the fried eggs, mix well, and allow to fry for another 5 minutes
- Turn off the heat

53. Chinese Fried Rice

Ingredients

- Diced carrot
- Chopped spring onions & onions
- Chopped garlic
- Prawn (cleaned and seasoned)
- Butter-garlic mix (salted butter, garlic and soy sauce mixed into a paste)
- Vegetable oil
- Precooked rice
- White pepper
- Seasoning powder
- Salt
- Sugar
- Raw eggs
- Soy sauce

Directions

- In a pan, add heat some cooking oil, sauté the seasoned prawns (do not overcook)
- Proceed to add the butter-garlic mix and fry for 3 minutes
- Remove prawns from heat
- Add a little more oil and sauté the onions, carrots and spring onions for a minute
- Go in with the precooked rice, seasoning powder, white pepper and salt to taste
- Add some sugar and mix to incorporate all the ingredients
- Gently move the rice to one side of the pan
- Scramble some eggs in the other side of the pan mix all together
- Add soy sauce and mix well to combine
- Add in the sauté prawns and finish off with the rest of the butter-garlic mix



54. Groundnut soup

Ingredients

- Roasted groundnut
- Red bell pepper
- Red Scotch bonnet
- Red chili pepper
- Chopped Onions
- Giant prawns
- Crayfish powder
- Dry catfish
- Cooked Turkey and ram meat
- Meat stock

Directions

- In a blender, transfer the roasted groundnuts, bell peppers, scotch bonnet, chilli pepper, onions and water
- Blend the mixture to a smooth paste-like consistency
- After blending, pour the mixture into a pot, and add the meat stock
- Then proceed with crayfish powder, dry fish and cooked proteins
- Add seasoning powder, salt and palm oil
- Cover, allow to cook for 15 minutes and turn off the heat.

55. Goat meat pepper soup

Ingredients

- Goat meat (washed & cut into chunks)
- Sweet corn (cut in bits)
- Ripe plantains (cut in small bits)
- Onions (chopped)
- Pepper soup spices
- Crayfish powder
- Fish spice
- Uziza spice
- Crayfish seasoning
- salt
- Mint leaves
- Red scotch bonnet pepper (blended)
- Water

Directions

- In a pot, add washed goat meat, pepper, crayfish seasoning, salt and crayfish powder
- Stir well, cover and allow to cook on low heat for 10 minutes
- Then go in with all the spices, fish spice, uziza spice and pepper soup spices
- Next, add the ripe plantains, sweet corn and water
- Allow to cook for 15 minutes
- Finally, add mint leaves, cook for 3 minutes, and turn off the heat



56. Afang soup

Ingredients

- Afang Leaves (washed, sliced and pounded)
- Waterleaf (washed and sliced)
- Crayfish Powder
- Ponmo
- Periwinkle
- Stockfish
- Cooked meat
- Dried or smoked fish
- Palm oil
- Seasoning Powder
- Salt

Directions

- In a pot, add cooked meat with its stock, dried fish, and ponmo
- Bring that to a boil, then add generous amounts of crayfish
- Add palm oil, and allow to cook for 5 minutes (do not allow the stock to completely dry)
- Next, add in the water leaf, stir to combine and allow to cook for 2 minutes
- Go ahead with the pounded afang leaves,
- Add periwinkle, and some more crayfish and adjust with salt and seasoning powder if necessary
- Lastly, add a little more palm oil, and stir well to combine
- Allow to simmer for one minute, then go ahead to turn off the heat

57. Beans and corn with Gizdodo

Ingredients

- Rinsed Beans (Black-eyed or Brown beans)
- Beef stock
- Palm oil
- Sweet corn
- Chopped onions
- Crayfish powder
- Pepper mixture (Smoothly blended scotch bonnet and onions)
- Seasoning powder
- Cooked mackerel (minced)
- Basil leaves (Chopped)
- Salt (optional)

Pressure cooker

For gizzard

- Cooked chicken Gizzard
- Ripe plantains (fried)
- Chicken seasoning powder
- Salt
- Garlic powder
- Thyme
- Pepper mix
- White pepper
- Vegetable oil
- Red onions
- Chopped red and green bell peppers

Pepper mix ingredients: red bell peppers, tomatoes, onions & scotch bonnet



Directions for beans and corn

- Begin by boiling the beans with beef stock in a pressure cooker.
- Cook until soft and set aside.
- Next, fry the pepper mixture in pre-heated palm oil.
- Go in with chopped onions, seasoning powder, crayfish powder.
- Fry for a bit and add the minced mackerel fish.
- Stir well and allow to cook for 5 minutes.
- Next, add the cooked beans and stir gently to combine.
- Cook on low heat and allow to simmer for 4 minutes.
- Add sweet corn and chopped basil.
- Mix gently, allow to cook for a minute and turn off the heat.

Directions for Gizdodo

- Begin by frying the cooked gizzard in vegetable, fry for about 10-15 minutes till gizzard is dry and crispy
- Once properly fried, take off the heat
- Transfer some of the oil used in frying into a clean pan, and sauté the chopped onions and garlic
- Fry for 2 minutes until it releases its flavour
- Add the blended pepper mix, seasoning powder, white pepper and fresh thyme
- Give it a good mix and allow to fry for 8-10 minutes
- Proceed to add the fried gizzard and the fried plantain
- Next go in with the chopped red and green bell peppers
- Stir fry for about 5-10 minutes and turn off the heat

58. Minced Chicken stew

Ingredients

- Cooked Ram meat or Chicken
- Tomato paste
- Chopped onions
- Chopped garlic
- Yaji
- Pepper soup spice
- Fresh curry leaves
- Beef seasoning
- Dried thyme
- Salt
- Bay leaves
- Vegetable oil
- Pepper mix

Pepper mix ingredients: blended and boiled red bell peppers, tomatoes, onions & scotch bonnet

Directions

- Heat up some vegetable oil and sauté the chopped onions and garlic
- fry for a minute on low heat to release all the flavours
- Add the fresh curry leaves, bay leaves and dry thyme and give it a good mix
- Next go in with the tomato paste, mix well and fry for another 3 minutes
- Add the pepper mix, yaji, pepper soup spice, beef seasoning, and salt
- Add the cooked proteins and some water
- Mix well to combine, cover and allow to cook on low heat for 10-15 minutes
- Check and stir at intervals
- Cook until the oil begins separates and turn off the heat



59. Water yam balls /Ojojo

Ingredients

- Water yam (washed and peeled)
- Red scotch bonnet pepper (Blended roughly)
- Salt
- Seasoning powder (optional)
- Vegetable oil

Directions

- Begin by grating the water yam, add roughly blended scotch bonnet peppers and salt to taste
- Add seasoning powder (optional)
- Mix well to combine
- Next, heat up some vegetable oil
- Scoop the batter in small bits and fry on low heat
- Fry on both sides for 2- 5 minutes
- Repeat the process until the batter is exhausted

60. Pounded yam

Ingredient

- Yam (washed, peeled and cut into small bits)

Directions

- Transfer the yam into a pot of boiling water
- Cook till tender, but not too soft that it breaks apart
- Transfer the yam while hot into a food processor
- Set the food processor to 'Max blend' on 'Medium'
- Do not add water
- Once all the yams become properly mashed, soft and smooth
- Turn off the processor
- Scoop out the pounded yams and serve with any soup of choice



61. Plantain Lasagna

Ingredients

- Fried plantains
- Fried eggs
- Cheese
- Mozzarella cheese
- Vegetable oil

Directions

- Drizzle some vegetable oil in a pan
- Layer the pan with the fried plantains (cover the entire surface of the pan with the fried plantains)
- Go in with the next layer of fried eggs
- Followed by another layer of cheese
- And finally, a layer of Mozzarella cheese
- NB: If possible, repeat this process layer by layer until the pan becomes filled up
- Cover the pan and bake until properly cooked

62. Local Spaghetti and Vegetable salad

Ingredients for spaghetti

- Vegetable oil
- Chopped onions
- Chopped garlic
- Thyme
- Bay leaves
- Tomato paste
- Pepper mix
- Par boiled spaghetti
- Seasoning powder
- Salt
- Sliced basil

Ingredients for vegetable salad

- Cucumber (peeled and sliced)
- Red ripe Tomatoes (washed and sliced)
- Fresh Lettuce (washed and sliced)
- Cooked potatoes
- Baked beans (strained)
- Sweet corn
- Boiled eggs
- Carrots (washed, sliced and blanched)
- Spring onions
- Cabbage (washed and shredded)

Pepper mix ingredients: roughly blended red bell peppers, onions & scotch bonnet



Directions for local spaghetti

- Heat some oil in a pot, add the chopped onions, garlic, thyme and bay leaves
- Fry for a minute to release its flavours
- Go in with the tomato paste and pepper mix
- Add seasoning powder and salt to taste
- Give it a good mix and cook for 5 minutes
- Add some dry fish, prawns, mix well and cook for a minute
- Proceed to add the cooked spaghetti
- Stir fry and garnish with sliced basil
- Turn off the heat

Directions for vegetable salad

- Begin by dicing the cooked potatoes, slicing the boiled eggs
- In a bowl, layer the salad by adding the shredded cabbage first
- Followed by the sliced lettuce, cooked potatoes, sweet corn and baked beans
- Proceed to add the sliced tomatoes, spring onions, and boiled egg
- Repeat the layering process until all the ingredients are exhausted
- Refrigerate for an hour before consumption

63. Assorted Meat Pepper soup

Ingredients

- Assorted meat (goat meat, tripe/Shaki)
- Scotch bonnet peppers (Blended)
- Ground Cameroon pepper
- Chopped onions
- African Basil (Scent leaf)
- Ginger
- Garlic
- Pepper soup spices
- Salt
- Seasoning powder

Directions

- In a pot, add the thoroughly washed goat meat and some water (quite a bit of water).
- Then allow to simmer for about 10 minutes
- Roughly blend the peppers, ginger, garlic and basil leaves.
- After boiling the meat for 10 minutes, drain out the liquid from the meat.
- Next, add in some onions, the dried Cameroon Pepper for heat and flavour, seasoning cubes and some salt, cover and allow to cook.
- After about 20 minutes of boiling, add pepper soup spices, give this a good mix and allow to cook
- Cook for another 10 minutes, then add the pepper mix blended earlier in step 2.
- Leave for another five minutes and turn off the heat.



64. Fruits and Yoghurt Parfait

Ingredients

- Apples (washed and diced)
- Banana (peeled and diced)
- African pear (washed and diced)
- And any other fruits of choice
- Granola
- Unsweetened Greek yoghurt
- Honey
- Chia seeds

Directions

- In a cup, make the first layer by adding some granola
- Next, add Greek yoghurt, drizzle some honey and some chia seeds
- Proceed to add the fruits by layers, apples, banana, and the African pear
- Repeat the layering process until all the ingredients have been exhausted

65. Fruits Juice

Ingredients

- Cucumbers (washed and sliced)
- Pineapple (peeled and diced)
- Mango (peeled and diced)

Juicer

Directions

- Transfer all the ingredients into the juicer
- Once all the pulp of the fruits has been thoroughly squeezed
- Transfer the juice into a jar filled with ice cubes
- Allow to chill and serve

66. Fruits Smoothies

Recipe 1 (Tropical berry smoothie)

Ingredients

- Pineapples (peeled and diced)
 - Strawberries (washed and diced)
 - Soya milk or Almond milk
 - Ice cubes
- Smoothie blender

Directions

- In a smoothie blender, transfer the pineapple, strawberries and soya milk
- Blend till smooth and serve

Recipe 2

Ingredients

- Bananas (peeled and diced)
- Coconut milk
- Ice cubes

Directions

- Blend all ingredients in a smoothie blender
- Blend till smooth and serve

Recipe 3

Ingredients

- Pineapples (peeled and diced)
- Pawpaw (peeled and diced)
- Bananas (peeled and diced)
- Ice cubes

Directions

- Blend all the ingredients in a smoothie blender
- Blend till smooth and serve



67. Milkshake recipe

Ingredients

- Vanilla flavoured Ice cream
- Strawberry flavoured Ice cream
- Liquid milk
- Whipped cream
- Toppings (optional)

Directions

- Blend the different ice cream flavours with liquid milk separately
- Serve in layers to make it colourful
- Garnish with whipped cream
- Add toppings for garnish

68. Banana Bread

Ingredients

- Softened butter
- Sugar
- Raw eggs
- Overripe bananas
- Flour
- Baking powder
- Salt
- Cashew nut
- Almond nut
- Coconut Flakes

Directions

- Using an electric whisk, mix the softened butter and sugar until all the sugar has dissolved
- Add the raw eggs in bits and continue to whisk
- Proceed to add banana flavour and over-ripe bananas
- Whisk together to achieve a smooth consistency
- In another bowl mix the dry ingredients, flour, baking powder and salt
- Once properly mixed, combine the wet and dry ingredients
- Mix thoroughly to incorporate
- Transfer batter to a greased baking pan, garnish with almond nuts, cashew nuts and coconut flakes
- Bake in a preheated oven for 45 minutes.



69. Beef Suya

Ingredients

- Tender beef (cut into flat chunks)
- African nutmeg
- Cayenne pepper
- Paprika
- Ginger powder
- Garlic powder
- Onion powder
- Salt
- Seasoning powder
- Ground cloves
- Roasted peanuts
- Vegetable oil

Directions

- In a bowl, combine all the dry ingredients, the African nutmeg, cayenne pepper, paprika, ginger and garlic powder.
- Follow with the onion powder, roasted peanuts, ground cloves, salt and seasoning powder.
- Mix well to combine and set aside
- In another bowl, drizzle some vegetable oil
- Transfer some of the seasoning mix into the beef and mix to combine
- Next, line the beef chunks on a wooden skewer
- Gently rub in the seasoning mix on both sides of the lined beef
- Brush some vegetable oil on the beef
- Grill the beef on both side for 10- 15 minutes
- Garnish with onions rings

70. Nigerian Salad

Ingredients

- Cabbage (thinly sliced)
- Chopped carrots
- Grated carrots
- Baked beans
- Cooked macaroni
- Precooked sausages (diced)
- Cucumbers (peeled and diced)
- Cooked shrimps
- Corned beef
- Lettuce (thinly sliced)
- Boiled eggs (sliced)
- Cream mix

Cream Mixture

- Mayonnaise
- Drops of lemon juice
- Full cream milk
- Sugar
- Parsley flakes

Directions

- In a bowl, add the thinly sliced cabbage, chopped and grated carrots
- Also go in with the baked beans, cooked macaroni, sausages and diced cucumbers
- Then add the cooked shrimp, corned beef, lettuce and boiled eggs
- Set this aside
- To prepare the cream mix, add a bowl some mayonnaise, drops of lemon juice, full cream milk
- Also, add some sugar and parsley flakes
- Give it a good mix to combine.
- Finally, add the cream mix to the salad
- Mix well to combine, and refrigerate for an hour before consumption.