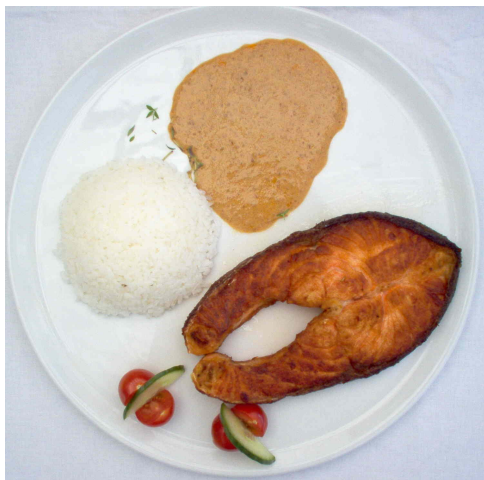


# Mensah's Kitchen's recipes

**Our goal is to serve You naturally**

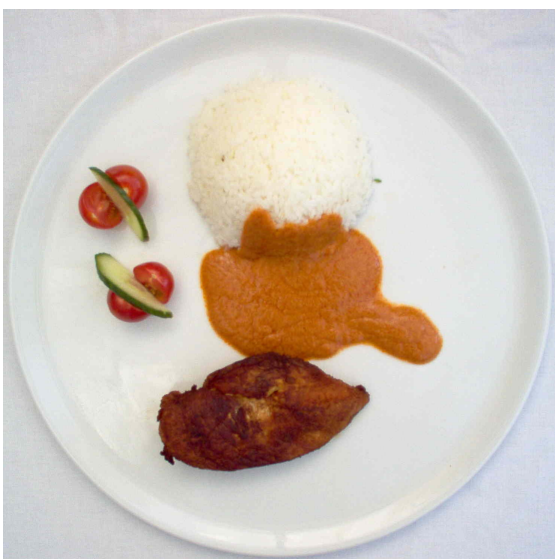
## **Marinated salmon with shrimp-cream sauce (For 4 persons)**



4 slices of fresh salmon  
1 jar of Mensah's Kitchen Chilli-mix with shrimps  
3 dl whip cream  
Oil or margarine  
Spread  $\frac{1}{2}$  of Mensah's Kitchen Chilli-mix with shrimps onto the salmon slices. Let it marinate for 30 minutes. Grill or fry the salmon. Mix cream with the rest of the Mensah's Kitchen Chilli-mix with shrimps and let it cook for 3-5 minutes.  
Serve with boiled potatoes or rice.

## **Bolognese a'la Africa (For 4 persons)**

400 g minced meat  
1 jar of Mensah's Kitchen Vegetarian Chilli-mix  
2 cans of chopped tomatoes  
1 dl water  
Oil or margarine  
Fry the minced meat until golden brown. Add Mensah's Kitchen Vegetarian Chilli-mix and one of the cans of tomatoes. Let it boil up and boil for five minutes under lid. Add the water and the other can of tomatoes. Let it boil for another ten minutes under lid. Cream can be added for a touch of creamy flavour. Serve with pasta, rice or potatoes.



## **Chicken with peanutsauce (For 4 persons)**

400 g filé of chicken  
2 jars of Mensah's kitchen Peanut sauce  
1-2 dl water  
2 tablespoons of margarine  
Cut the chicken filé's into pieces and fry them until they are golden brown. Add Mensah's kitchen Peanut sauce and the water, let it cook for 5-10 minutes.  
Serve with rice or fried potatoes.

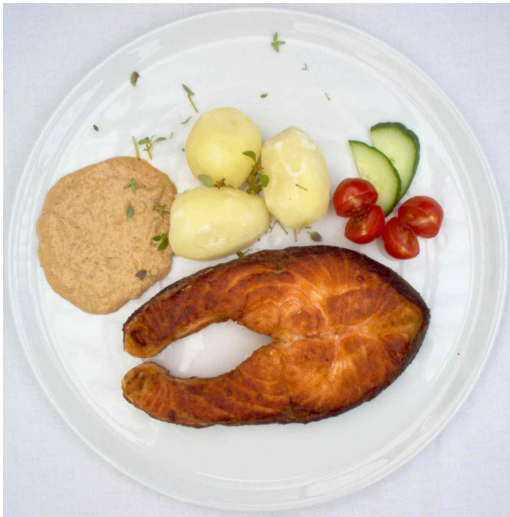


## Vegetable-mix with chilli (For 4 persons)

3 paprika's in different colours  
1 leek  
8-10 fresh mushrooms  
1 jar of Mensah's Kitchen Vegetarian Chilli-mix  
Oil or margarine

Cut the vegetables into pieces, fry them in the oil/margarine until they get some colour. Add Mensah's Kitchen Vegetarian Chilli-mix and let the mix cook for some minutes.  
Serve with rice or pasta.

## Salmon with potatoes, served with a delicious cold shrimp sauce (For 4 persons)



4 slices of fresh salmon  
1 jar of Mensah's Kitchen Chilli-mix with shrimps  
2 dl crème fraiche  
oil or margarine

Fry or grill the salmon. Mix the jar of Mensah's Kitchen Chilli-mix with shrimps with the crème fraiche.  
Serve with boiled potatoes.

*Note: Mensah's Kitchen Chilli-mix with shrimps is delicious to all dishes with fish and seafood. It is also great to marinade with!*

## Chillito-stuffed paprika (For 4 persons)

4 paprika's  
2 jars of Mensah's Kitchen Chillito  
1 dl cream  
1 dl cheese

Cut off the top of the paprikas and remove the pips. Mix the cream with the 2 jars of Mensah's Kitchen Chillito and let it boil for a few minutes. Stuff the paprika's with the Chillito-cream mix and put them standing on a casserole. Put the cheese over the top of the paprika's and let them be in the oven for 15 minutes in 200°C.

Serve with rice or potatoes and a fresh salad.

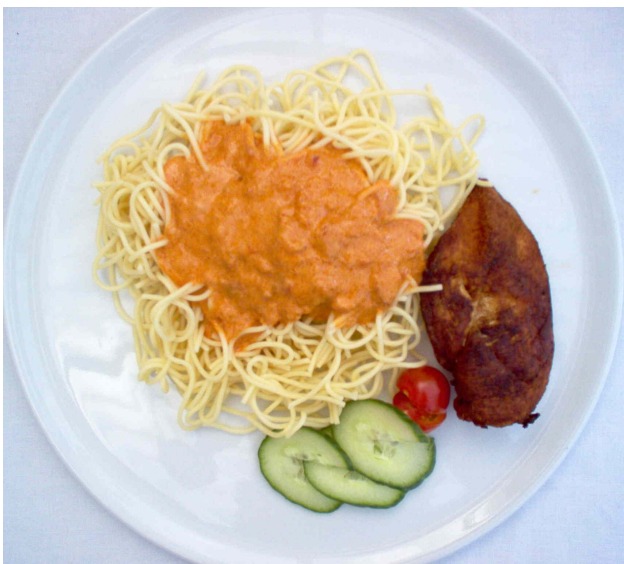
## **Marinated steak served with hot cream sauce (For 4 persons)**

Estimate 100-150 g of meat/person  
2 jars of Mensah's Kitchen Vegetarian Chilli-mix  
4 dl cream

Slice the meat in 1,5-2 cm thick slices. Put them into a plastic bag or foil together with one jar of Mensah's Kitchen Vegetarian Chilli-mix and let them marinate for 30-60 minutes.  
Grill or fry the meat. Mix the cream with one jar of the Mensah's Kitchen Vegetarian Chilli-mix and let it cook for 5-10 minutes. Serve with fries or fried potatoes.



*Note; Mensah's Kitchen Vegetarian Chilli-mix gives a delicious flavour to all kinds of meals and makes the cooking more easy since you don't have to peel onions, garlic etc; you have it all in the Mensah's Kitchen Vegetarian Chilli-mix.*



## **Chillito cream sauce**

4 jars of Mensah's Kitchen Chillito  
2 dl whip cream

Mix the jars of Mensah's Kitchen Chillito with the cream.  
Let it boil for 3-5 minutes.  
Serve with pasta or rice and a piece of meat if wanted.

*Note; Mensah's Kitchen Chillito is a rich chilli-tomato sauce, great to every dish. Try a soup; just add water!*

