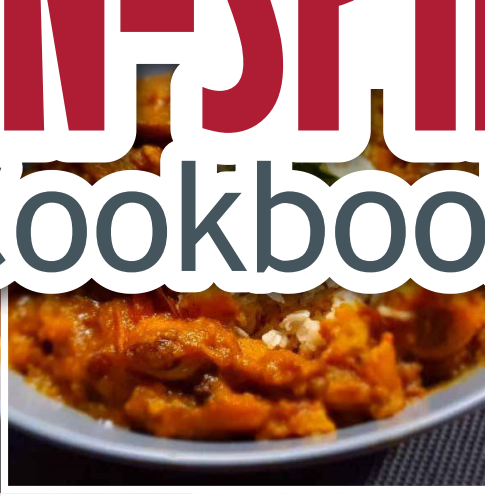


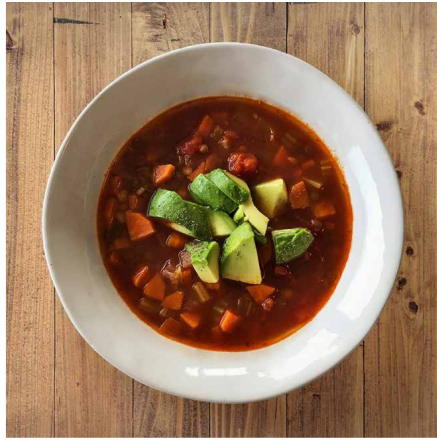
The WCBS IRON-SPIRED Cookbook



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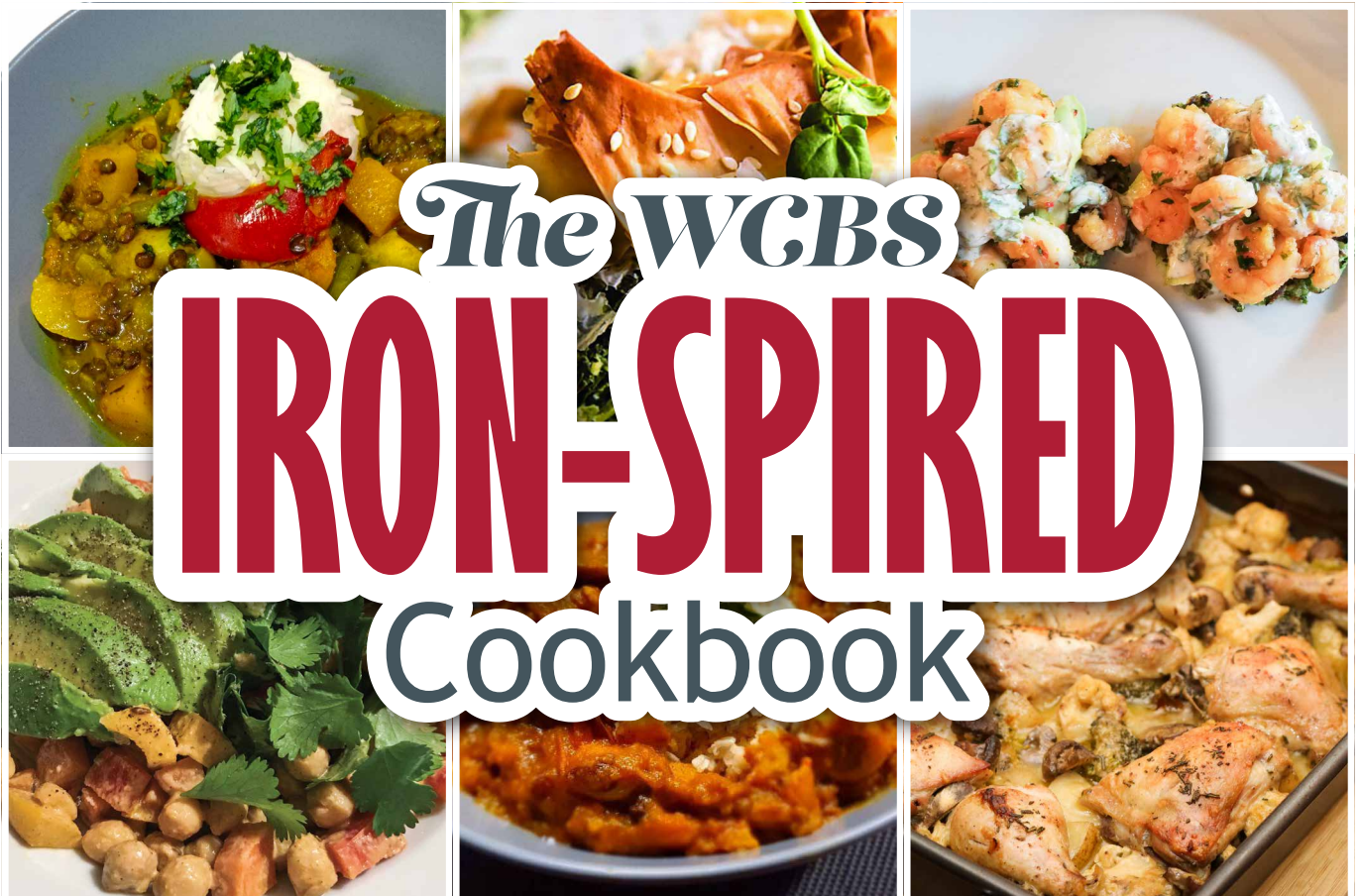
Western Cape Blood Service
Do something remarkable



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The WCBS IRON-SPIRED Cookbook

Dear Reader,

Maintaining a good Haemoglobin (Hb) level is very important for your health as well as for donating blood. We test your Hb level every time before you donate blood. In order to donate blood, men's Hb level need to be 13.5g/dl and females' 12.5g/dl. Often blood donors get deferred because of a low Hb level.

As part of our continued effort to create awareness about healthy iron-rich foods that could boost your iron (Hb) levels, we feature an iron-rich recipe in our quarterly donor newsletter, Blood Buzz. We recently featured an article about 'Maintaining Haemoglobin (Iron) Levels the Natural Way', please feel free to read it again.

We are proud to have compiled a cookbook, containing all of the yummiest recipes featured in past editions of the Blood Buzz. We have also included some of our staff's own recipes for you to enjoy. Please use them, let us know what you think and feel free to share them with your loved ones.

A special word of thanks to Irma Gevers for her regular recipe contributions and a special thanks to Lize-Mari Badenhorst, Dr Caroline Hilton, Shereen Gomez, Vasti le Roux, Christoff van Wyk and Ishaam September for their contributions.

Enjoy cooking and getting iron-spiced!



Yours in blood donation.
Marike Gevers



Maintaining Haemoglobin (Iron) Levels the Natural Way by Craig Hicks

We often speak about the many important reasons to donate blood, but there are times when people aren't able to even if they wanted to. Unfortunately, having a low haemoglobin (iron) level is one of the most common reasons for being deferred from donating. In order to donate, females should have a haemoglobin level of 12.5g/d and males 13.5 g/d. But look on the bright side, there are ways to boost and maintain a healthy haemoglobin level. While iron supplements are an option, the best way to increase your iron levels is through your diet. There are two aspects to this - the first is to increase the intake of iron-rich foods and the second is to increase your intake of vitamin C which is essential for promoting the absorption of iron in your body. Let's take a look at some of the best iron-rich foods.

Iron-rich animal foods



Organ meat - Foods such as liver and kidneys are both high in iron as well as vitamin C and are a great option for boosting your haemoglobin levels. Regular meat- While the darker meats such as beef have higher iron content than the lighter meats such as chicken and pork, you can still get a decent supply of iron from all of them.

Iron-rich plant-based foods



Legumes like lentils, soybeans and kidney beans are great sources of iron as are the dark green leafy vegetables like spinach, kale, and swiss chard. Another way to boost your iron levels is by eating fortified and iron-enriched breakfast cereals. Remember to check the labels to confirm the iron content. Other plant-based sources included fortified whole-grain bread, couscous and quinoa. We wouldn't want anything to get in the way of the remarkable act of donating blood so remember to keep your haemoglobin levels up so that you can continue saving lives!

Spinach and Feta Bake

BOOST YOUR IRON LEVELS!

BY IRMA GEVERS

Prep: 20 mins | Cook: 40 mins | Serves: 3-4 people

Ingredients:

- 750g frozen spinach
- 1 tbsp olive oil
- 200g feta cheese
- 2 cloves of garlic
- 1 small unwaxed lemon, zest only
- 3 free-range eggs, beaten
- 250g puff pastry
- 1 tsp cumin seeds
- 1 tbsp sesame seeds
- salt and freshly ground pepper

Instructions:

Preheat the oven to 190°C.

Grease a 21cm round, deep pie dish with butter.

Let the spinach cook down for about 5 minutes, stirring occasionally until it's completely cooked. Drain into a colander and press with the back of a spoon to get rid of as much moisture as possible.

Warm the olive oil in a frying pan over medium heat and lightly fry the garlic, then add the cumin and fry for a further minute.

Add the drained spinach to the frying pan to further dry out, and add the lemon zest.

Turn off the heat and leave until cool. Once cooled, stir through the egg, crumble in the feta and mix thoroughly. Check the seasoning and add salt and freshly ground pepper to taste.

Fill the pie dish with the spinach mix.

Roll the puff pastry in a circle and cover the pie dish. Then sprinkle the sesame seeds on top.

Bake in the oven at 190°C for 40 minutes, or until the pastry is golden brown and crisp and the filling is piping hot all the way through.



Spinach and Chicken Quiche

BOOST YOUR IRON LEVELS!

BY VASTI LE ROUX

Prep: 20 mins | Cook: 55 mins | Serves: 6 people

Ingredients:

- 6 eggs, beaten
- 2 chicken breasts-grilled and shredded
- 2 cups white cheddar or mozzarella cheese, grated
- 200g of fresh spinach or 400g frozen
- 1 cup of pouring cream
- italian herbs, paprika, salt and pepper to taste

Instructions:

Preheat the oven at 180°C. Grill chicken breast for 15 minutes until $\frac{3}{4}$ way cooked. Shred chicken.

Mix the eggs, $\frac{3}{4}$ of the cheese, pouring cream, herbs and spices in a large bowl.

Spray a round pie dish with non-stick cooking spray.

Fill the pie dish with the spinach and the chicken.

Add the egg and cheese mixture and top with the remaining cheese.

Bake at 180°C for 40 minutes or until cooked and golden brown.

Enjoy with a fresh salad.

Chickpea Meal Salad

BOOST YOUR IRON LEVELS!



BY IRMA GEVERS

Prep: 20 mins | Cook: 10 mins | Serves: 2-3 people

Ingredients:

- 2 cloves of garlic, chopped
- 300g carrots, finely diced
- 1 tsp cumin seeds
- ½ tsp smoked paprika powder
- 2 x 400g tins of chickpeas, drained and rinsed
- 1 red pepper chopped
- 1 yellow pepper chopped
- 15g coriander leaves, washed
- 4 peppadews finely chopped
- 1 avocado sliced
- olive oil
- zest of 1 unwaxed lemon
- salt and freshly ground pepper to taste

Dressing:

- 40g tahini
- 20ml of lemon juice
- 30ml of water

Instructions:

Lightly fry the garlic, cumin, smoked paprika powder and carrots in a few swigs of olive oil until the carrots are no longer hard. Add to mixing bowl with the chickpeas, chopped peppers, peppadews and lemon zest. Season with salt and pepper.

Dressing: mix tahini with lemon juice and add water. Mix until it has the consistency of cream. If it is too thin, add some tahini, if it is too thick, add some water. Season. Add to the salad and mix well.

Serve with coriander leaves and slices of avocado.

Smokey Tomato Lentil Salad

BOOST YOUR IRON LEVELS!



BY IRMA GEVERS

Prep: 15 mins | Cook: 15 mins | Serves: 3-4 people

Ingredients:

- 2 cloves of garlic, finely chopped
- 3 sticks of celery, chopped
- 1 yellow pepper, chopped
- 500g cherry tomatoes, cut into quarters
- 2 x 400g tins of lentils, drained and rinsed
- 6 sweet piquanté peppers mild, chopped (or 1tbsp chopped)
- olive oil for frying
- ½ tsp smoked paprika powder
- ½ tsp sweet paprika powder
- 2 tbsp good quality balsamic vinegar
- salt and freshly ground pepper to taste

Extra

- one fried egg per person
- avocado, sliced
- black pepper feta cheese, crumbled
- fresh coriander leaves

Instructions:

Lightly fry the garlic and the two paprika powders in the olive oil.

Mix together all the ingredients in a big bowl and season to taste with salt and pepper.

This salad can be prepared a few hours in advance.

Store in the fridge in an airtight container.

Add the extra ingredients to the salad if you wish too.

Hearty Lentil and Tomato Soup

BOOST YOUR IRON LEVELS!



BY IRMA GEVERS

Prep: 10 mins | Cook: 25 mins | Serves: 3-4 people

Ingredients:

- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 3 celery stalks, finely chopped
- 3 large or 4 medium carrots, finely chopped
- 1 tsp cumin seeds
- ½ tsp smoked paprika powder
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 400g tin chopped tomatoes
- 400g tin lentils, drained and rinsed
- sea salt and freshly ground black pepper

Optional: 1 avocado, cubed and bread for serving

Instructions:

Heat the olive oil in a saucepan over a medium-low heat.

Add the onions and sweat gently for about 5 minutes or until tender and golden.

Add the garlic, cumin, paprika powder, carrots, celery and a pinch of salt.

Cook for another 5 minutes, stirring occasionally to prevent burning. Add the balsamic vinegar and wait for it to evaporate.

Add the tinned tomatoes, lentils and 1 litre of boiling water. Bring to the boil and then simmer for 10 minutes.

Taste before serving and adjust the seasoning if necessary.

Serve with a slice of bread and cubes of avocado.

Lentil Curry

BOOST YOUR IRON LEVELS!



BY LISE-MARI BADENHORST

Prep: 25 mins | Cook: 35 mins | Serves: 6 people

Ingredients:

- 1 large onion, chopped
- 3 cloves garlic, finely chopped
- thumb size piece of ginger, grated
- 1 stalk of lemongrass, grated
- 4 large carrots, chopped
- 200g green beans, chopped
- 1 medium butternut, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 punnet of mushrooms, halved
- 1 punnet of coriander: ½ for food and ½ for garnish
- 1 can of coconut milk
- 2 cans of lentils
- 1 cup of vegetable stock
- 1 cup of water
- 1½ tbsp of mild curry
- 1 tbsp of turmeric
- salt and pepper to taste

Optional: 150ml white wine

Instructions:

Fry onion, coriander, carrot and garlic in olive oil for 5 minutes.

Add the wine (optional).

Add the curry powder, turmeric, ginger, lemongrass, salt and pepper to taste. Stir for 2 minutes.

Pour in the stock, cup of water and add the butternut. Boil for 10 minutes.

Add the peppers, beans, mushrooms and can of coconut milk. Boil for another 10 minutes.

Add the lentils and simmer for 5 minutes. Turn off the heat and let it rest for 3 minutes.

Serve with Basmati rice.

Best served with a glass of chilled Chardonnay or a pineapple and ginger tea.

Pea Fritters With Prawns and Mint cream Sauce

BOOST YOUR IRON LEVELS!



BY MARIKE GEVERS

Prep: 20 mins | Cook: 20 mins | Serves: 2 people

Ingredients:

- 2 cups frozen peas, thawed
- 1 egg yolk
- 1 tbsp plain flour
- 3 tbsp breadcrumbs
- 1 small red onion, thinly sliced
- 400g frozen prawn tails, thawed
- 1 tbsp fresh ginger, finely chopped
- 1 tsp chilli flakes - dependant on taste
- 1 clove of garlic, finely chopped
- salt to taste

Optional: Add Teriyaki sauce and/or Pad Thai sauce

Sauce

- ½ cup sour cream (can be substituted with coconut milk/cream)
- ¼ cup chopped mint
- 1 tbsp finely grated lemon/ lime zest

Optional: 2 chopped spring onions and avocado to taste.

Instructions:

Mash the peas and mix with onion, egg, flour and breadcrumbs. Season with salt and pepper to taste.

Heat oil in a large frying pan over medium heat.

Add heaped tablespoons of pea mixture to the pan and flatten slightly.

Cook through until golden brown.

Remove from pan and add extra oil.

Fry garlic in oil over medium heat.

Add prawns and lemon/lime juice and fry for 2 minutes. Remove from heat and drain liquid.

Add ginger, chilli and salt to taste. Add Teriyaki and or Pad Thai sauce if preferred. Cook for 2 minutes and remove from heat.

Mix sour cream, chopped mint, lemon/lime juice and finely grated lemon zest together.

Place pea fritter on plate, add avocado and then prawns. Sprinkle spring onion over prawns and add mint cream sauce.

Green Biltong Salad

BOOST YOUR IRON LEVELS!



BY ISHAAM SEPTEMBER

Prep: 10 mins | Cook: 8 mins | Serves: 2 people

Ingredients:

- half bunch kale, rinsed and chopped
- 200g biltong, sliced
- 2 boiled eggs
- 2 radish, chopped
- half green pepper, chopped
- half red onion, chopped
- 1 avocado, diced
- 1 block feta
- nuts of your choice
- mint/ coriander

Dressing:

- 1 cup extra virgin olive oil
- ½ cup fresh lime juice
- 3 tbsp rice vinegar
- 2 tbsp pure honey
- 1 fresh chilli/ 1 tsp chilli flakes
- 1 garlic clove
- Himalayan salt and pepper to taste

Instructions:

Boil eggs for 8 minutes.
Drizzle olive oil on kale and season with Himalayan salt and course black pepper - mix well.
Add red onion, pepper and radish.
Place kale in bowl.
Add boiled eggs, biltong slices and nuts to salad bowl.
Add feta and avocado.
Garnish with mint or coriander.

Dressing:

Finely dice or mince the garlic and chilli.
Add all of the ingredients to a jug and whisk together.
Store in the fridge.

Creamy Chicken and Vegetable Bake

BOOST YOUR IRON LEVELS!



BY CHRISTOFF VAN WYK

Prep: 20 mins | Cook: 60-90 mins | Serves: 3-4 people

Ingredients:

- 6 chicken pieces
- 6 baby potatoes, halved
- 3 large carrots, sliced
- ½ broccoli, chopped
- ½ cauliflower, chopped
- 125g white button mushrooms, halved
- 250ml fresh cream
- a packet of Knorr Thick White Onion Soup
- ½ cup of chicken stock
- 1 sprig of fresh thyme
- salt and pepper to taste

Instructions:

Preheat oven to 200°C and prepare a large baking tray.

Place the vegetables in the bottom of the baking tray.

Season the chicken pieces with salt, pepper and thyme and place on top of the vegetables.

Mix the fresh cream, Knorr Thick White Onion Soup and chicken stock and pour over the chicken and vegetables.

Cover the dish with tinfoil and put in the oven for 60-90 minutes or until the chicken is cooked through and the potatoes are fork-soft. Serve with a side of rice or couscous.

Lamb and Bean Stew

BOOST YOUR IRON LEVELS!



BY *MARIKE GEVERS*

Prep: 10 mins | Cook: 55 mins | Serves: 5 people

Ingredients:

- 800g lamb chops, chopped in bite sizes
- 3 cloves
- 1 tsp ground cinnamon
- 2 tbsp olive oil
- 2 tbsp butter
- 1 large onion, finely chopped
- 3 cloves of garlic, finely chopped
- 3 medium-sized carrots, chopped in 1cm pieces
- 1 rib of celery, finely chopped
- 3 small sized sweet potatoes, chopped in bite sizes
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 2 tsp ground turmeric
- 2 tsp ground cumin
- 1 tbsp ground coriander
- 500ml chicken stock
- 400g tin chopped tomatoes
- 400g tin butter beans, drained and rinsed
- 400g tin kidney beans, drained and rinsed
- fresh coriander for garnish

Instructions:

Heat the olive oil in a large pot and cook over medium-low heat. Add the cloves and cinnamon and fry for a minute. Add the lamb. Lightly season with salt and pepper and cook until brown - approximately 5 minutes. Remove lamb and place on a plate and set aside.

Heat the butter and cook over medium-low heat. Add onion, garlic and stir until brown.

Add celery, carrots, and sweet potatoes. Cook for 5 minutes. Once vegetables are brown, add red and yellow peppers, turmeric, cumin, coriander and the can of chopped tomatoes. Stir and cook for a minute.

Add lamb and stir to combine. Turn heat to high and add chicken stock. Once at a boil, add kidney and butter beans and turn heat down to low. Simmer until lamb is tender - approximately 40 minutes.

Garnish with fresh coriander and serve on basmati rice.

Dish can also be prepared in slow-cooker or pressure-cooker.

Be mindful of bones.

Meatzza

BOOST YOUR IRON LEVELS!



BY SHEREEN GOMEZ

Prep: 20 mins | Cook: 45 mins | Serves: 1 person

Ingredients:

Base:

- 1 chicken breast
- 1 tsp onion powder
- 1 tsp garlic powder
- salt and pepper to taste

Chicken liver topping:

- 250g of fresh chicken livers
- 1 cup baby spinach, shredded
- olive oil
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 1 tomato grated/ 1 heaped tsp tomato paste/ 1 tbsp tomato puree
- 1 tsp sugar/ sweetener to taste
- grated mozzarella cheese or cheddar
- garnish: baby tomato slices and basil leaves
- salt and pepper to taste

Optional: chilli

Instructions:

Base:

Place base ingredients in a bowl or a blender and pulse till all mixed. You'll be able to mould it without it falling apart.

Press into a round shape between 2 sheets of baking paper.

Place base, with the baking paper, into a hot pan until the base is cooked, flipping it over once.

Remove baking paper.

Topping:

Braise onion, pepper and chilli in olive oil.

Add chopped livers and lightly sauté.

Add salt, pepper and spinach. Do not overcook.

Add tomato and sugar. Place liver topping onto the base (you might not need all- keeps for snacks tomorrow).

Top with the cheese, tomato slices and grill in the air-fryer for about 6 minutes or grill in oven for 10 minutes at 180°C.

Top with basil leaves and enjoy with a light salad.

Blueberry Seed Smoothie

BOOST YOUR IRON LEVELS!



BY IRMA GEVERS

Prep: 10-15 mins | Serves: 1 person

Ingredients:

- 1 cup frozen blueberries
- 1 ripe medium-sized banana
- ½ cup full cream plain (probiotic) yoghurt
- 1 tbsp broken flax seeds
- 1 tbsp chia seeds

Instructions:

Mix the seeds with a dollop of yoghurt in a bowl.
Allow the mixture to sit for 10-15 minutes until it has thickened.
Combine all the ingredients and blend until smooth.
Serve in a glass and enjoy.

Almond Pretzel Toffee Bark

BOOST YOUR IRON LEVELS!



BY DR CAROLINE HILTON

Prep: 5 mins | Cook: 20 mins | Serves: 4+ people

Ingredients:

- 1 cup roasted almonds
- 2 cups knot-shaped pretzels
- 1 cup salted butter
- 1 cup castor sugar
- 1 tsp of vanilla essence
- 80g white chocolate slab, melted

Instructions:

Spread the roasted almonds and pretzels over tin foil on a medium-sized baking tray.

Place the butter, sugar and vanilla essence in a pot and melt these ingredients together. Drop to a medium heat and continue whisking the mixture for about 8-10 minutes. Be prepared for quite a workout or source an extra pair of hands for this part!

The mixture will change colour slowly. Take it off the stove when it becomes a light brown colour. Pour immediately over the almonds and pretzels, and move the tray around to coat as much as possible.

Allow to cool for about 15 minutes then drizzle melted chocolate of your choice over the top.

It should take about 1-2 hours for the almond toffee pretzel bark to harden then break it into pieces with your hands. You can place the tray into the fridge to speed up this process.

Hope you enjoyed cooking with us!



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