



SPICY LEMON CHICKEN FILLET

Time: 20mins

Yield: 5-6 Servings

Ingredients:

- 5 Potatoes (peeled, washed and cut into cubes)
- 3 Chicken Breast cut into 2
- KizzleFoods Fiery, Hot Black Pepper
- KizzleFoods Suya Pepper
- KizzleFoods Ground Ginger
- KizzleFoods Ground Garlic
- 1 teaspoon of Thyme
- Onions (1 Big bulb or 2 Medium sized bulbs)
- Salt
- Water





SPICY POTATO & CHICKEN FILLET

Time: 20mins

Yield: 5-6 Servings

Directions:

Step 1: Cut your onions into halves and blend with half of a very small cup of water, 2 teaspoons of KizzleFoods Suya Pepper, 1 teaspoon of thyme and quarter of a teaspoon of salt.

Pour thick puree into a bowl with cut chicken breast- Stir around lightly and leave to marinate while you get other things ready.

Step 2: Get your potatoes peeled, washed and chopped into 4. Then set your cooker to medium heat and add water into your pan ready to boil your potatoes. This should take you 5-8mins and enough time for your chicken to have some seasoning into it.





SPICY POTATO & CHICKEN FILLET

Time: 20mins

Yield: 5-6 Servings

Directions:

Step 3: Add your chopped potatoes into the boiling water, to cook for 4mins, then add 1-2 teaspoons of KizzleFoods Fiery Hot, BlackPepper, a sprinkle of salt and any other seasoning of your choice. in medium heat, allow to cook

Step 4: Take out your chicken breast from the puree and set aside ready to heat and cook in another pan.

Set your cooker to medium heat, and place your new pan on it.- once heated, lay your chicken breast on it t fry. You do not need oil but you can use oil if you desire it.

Cook Chicken breast to your desire, whilst cooking, add left over puree into cooking potato to add flavor to taste.





SPICY POTATO & CHICKEN FILLET

Time: 20mins

Yield: 5-6 Servings

Directions:

Step 5: Stir potato gently and you can take up the heat if you would like to.

Now then, add your fried chicken into the potato sauce and allow all cook together.

Taste for flavor and seasoning and add any spice or condiment you would like to have more of.





G.O.A.T PEPPERED SAUCE W/ RICE

Time: 30 mins

Yield: 5-6 Servings

Ingredients:

- 3 Red Ball Peppers
- 3 Small Peppers
- 2-3 Tablespoon of
KizzleFoods Seasoned Onion
Flakes
- Canola Oil
- 2 Crushed Bouillon Cubes
- Beef or Chicken (Chopped or
Shredded Lightly)
- KizzleFoods Groud Ginger
- Kizzle Foods Ground Garlic
- 2-3 Cups of Rice
- 1 Cup of Beans



G.O.A.T PEPPERED SAUCE W/ RICE

Time: 30 mins

Yield: 5-6 Servings

Directions:

- **Step 1:** Clean then blend your ball peppers and small red peppers to a thick paste texture,- not a fine smooth texture.

Also wash and boil your Beef or Chicken.

- **Step 2:** Put your pan on fire and add about quarter of a cup of Canola oil. Allow to heat for 3 mins then add your 2-3 tablespoons of KizzleFoods Seasoned Onion Flakes.

Stir around then add your blended pepper and allow to cook for 4mins



G.O.A.T PEPPERED SAUCE W/ RICE

Time: 30 mins

Yield: 5-6 Servings

Directions:

- **Step 3:** Add your measured bouillon cubes/powder, ginger, garlic, salt,- then stir and allow to cook in medium heat for 2mins after which you can add your cooked & chopped or lightly shredded beef/chicken. Leave all to cook for 3-5mins. Your G.O.A.T Sauce is ready to eat.

- **Step 4:** Wash your beans and rice separately, then boil your measured beans for 20mins afterwhich you add into the pot your washed rice. You can add more water if needed but also add 1-2 tablespoons of salt



HONEY GLAZED SPICY SALMON

Time: 20 mins

Yield: 4 Servings

Ingredients:

- 4 Salmon Fish (Cut)
- Canola Oil
- KizzleFoods Seasoned Onion Flakes
- KizzleFoods Fiery, Hot Ground Red Pepper
- KizzleFoods Fiery, Hot Black Pepper
- 1 teaspoon of Salt
- Honey
- Broccoli
- Yellow Squash
- KizzleFoods Ground Garlic



HONEY GLAZED SPICY SALMON

Time: 20 mins

Yield: 4 Servings

Directions:

- **Step 1:** Clean your Salmon and lay it out ready for seasoning.

After cleaning, sprinkle KizzleFoods Fiery Hot, Ground Red Pepper and Black Pepper all over the fish, also sprinkle KizzleFoods Ground Garlic and a tiny bit of Salt.

Wear nylon gloves on and then spread/rub in the seasoning into the fish.



HONEY GLAZED SPICY SALMON

Time: 20 mins

Yield: 4 Servings

Directions:

- **Step 2:** Put your pan on fire and lightly spread Oil all over after 1 min of heating, lay your seasoned fish into the pan to fry to the texture of your desire. Then spread honey all around the frying fish,- cover and leave to cook for 4mins

- **Step 3:** Add KizzleFoods Seasoned Onion Flakes into the frying fish, add your broccoli and yellow squash in as well. Stir lightly allowing newly added ingredients to soak in then cover and leave to cook for 3-



HAPPY HOUR PEPPERED FISH & FRIES

Time: 30mins

Yield: 2-4 Servings

Ingredients:

- 4 pieces of any fish of your choice,- I'll be using Croaker fish
- KizzleFoods Fiery Hot, Black Pepper
- KizzleFoods Ground Garlic
- 1 teaspoon of Salt
- 2 tablespoons of Coriander
- Canola Oil (for frying)
- 1 Cucumber
- 2 Whole Tomatoes
- Lettuce
- 1 Onion bulb



HAPPY HOUR PEPPERED FISH & FRIES

Time: 30mins

Yield: 2-4 Servings

Directions:

Step 1: Mix 1 tablespoon of KizzleFoods Black Pepper and Ground Garlic, 2 tablespoons of Corinder, and 1 teaspoon of salt into a bowl

Step 2: With clear gloves on, run the seasoning mix in and out of the fish deeply and intensely.

Then leave laid out to marinate while you work on your fries.



HAPPY HOUR PEPPERED FISH & FRIES

Directions:

Step 3: Slice your potatoes ready to make fries, or you can use prepared fries.

If you are cutting your own potatoes, also slice your tomatoes, onions, cucumber and lettuce and place in individual plates.

Step 4: Put oil into a pan to heat up and then fry your fish to the texture of your choice.

With fresh Oil, fry your potatoes as well. You would need to use clean new oil to fry your potatoes to avoid having residue from fish touching clean looking fries



HAPPY HOUR PEPPERED FISH & FRIES

Time: 30mins

Yield: 2-4 Servings

Directions:

Step 5: After frying your fish and fries, it's time to serve. Lay your fish and fries into your plate and have your sliced tomato, onions, lettuce and cabbage as your sides/salad to add more nutrient and taste to the meal.



SMOKEY SPICY STEAK

Time: 20 mins

Yield: 5 Servings

Ingredients:

- Sirloin Steak cut into strip steak or rib eye
- KizzleFoods Fiery, Hot Black Pepper
- KizzleFoods Ground Garlic
- KizzleFoods Seasoned Onion Flakes
- 1- 2 tablespoons of Canola Oil
- 2 tablespoons of Butter
- 1 tablespoon of chopped Parsley
- Half teaspoon of Salt



SMOKEY SPICY STEAK

Time: 20 mins

Yield: 5 Servings

Directions:

- **Step 1:** Blend KizzleFoods
Seasoned Onion Flakes,
garlic, parsley and salt,- to be
used as puree to boil your
steak.

Boil steak to be medium-done
texture

Step 2: Heat up your grill and
spread a teaspoon of oil all
over the grill.- Then lay your
steak to grill, add chopped
onions and KizzleFoods Fiery
Hot Black Pepper to cook
along with it



SMOKEY SPICY STEAK

Time: 20 mins

Yield: 5 Servings

Directions:

- **Step 3:** Once done, put the steak in a plate and sprinkle parsley on it to garnish then serve warm or hot eat with fries or vegetable salad.



SPICY CHICKEN & SHRIMP STIR FRY

Time: 13 mins

Yield: 5 Servings

Ingredients:

- 2 Red & 2 Yellow Ball Peppers
- KizzleFoods Seasoned Onion Flakes
- KizzleFoods Fiery Hot, Red Pepper
- KizzleFoods Ground Garlic
- 2 Chicken Breast (chopped into medium sized cubes)
- Canola oil
- Half teaspoon of Salt
- 1 teaspoon of Rosemary
- 1 teaspoon of Black Pepper (not spicy)





SPICY CHICKEN & SHRIMP STIR FRY

Time: 13 mins

Yield: 5 Servings

Directions:

- **Step 1:** Cut your ball peppers into long slices, chop your chicken into small pieces and wash your shrimps (you don't have to cut those) then get them all situated, ready for cooking

- **Step 2:** Pour about a reasonable amount of oil into a pan and get it heated in medium-high heat for 3mins.

Once heated, throw in your sliced ball peppers and stir fry gently for 3mins





SPICY CHICKEN & SHRIMP STIR FRY

Time: 13 mins

Yield: 5 Servings

Directions:

- **Step 3:** Then add about 2-3 tablespoons of KizzleFoods Seasoned Onion Flakes, teaspoon of KizzleFoods Fiery Hot Red Pepper, a teaspoon of Rosemary, and half a teaspoon of salt. Cook for 2mins.

- **Step 4:** After cooking, add your Chopped Chicken and Shrimp,- allow to fry and frequently stir it around. Leave to cook for 5mins and your meal is ready. Serve with White Rice





ULTIMATE

VEGETABLE SAUCE

Time: 20 mins

Yield: 4-5 Servings

Ingredients:

- 5 pieces of Chicken
- 2 teaspoons of KizzleFoods Ground Ginger
- 2 teaspoons of Rosemary
- 2 Crushed Bouillon Cubes/Powder
- 1 teaspoon of Salt
- Tomato Paste
- Sesame Oil
- Canola Oil
- Carrots
- Green Peas
- Butter
- Irish Potatoes
- Water
- Coconut Milk
- KizzleFoods Seasoned Onion Flakes
- KizzleFoods Fiery, Hot Black Pepper
- Rice



ULTIMATE VEGETABLE SAUCE

Time: 20 mins

Yield: 4-5 Servings

Directions:

- **Step 1:** Wash and chop your Potatoes, Carrot and Green Peas. Also wash your Chicken and add in your measured Rosemary, KizzleFoods Ground Ginger, Crushed Bouillon Cubes, and Salt. Then add a little Sesame and Canola Oil.

Use a spoon to stir round and ensure all seasoning is evenly distributed.

- **Step 2:** In a pan or pot, add a tablespoon of butter and when melted, lay in your seasoned chicken to fry for 5 mins -



ULTIMATE VEGETABLE SAUCE

Time: 20 mins

Yield: 4-5 Servings

Directions:

- **Step 3:** After frying, add in your chopped Irish Potatoes, 1-2 cups of water, a little bit of salt and 2 teaspoons of crushed bouillon cubes or powder.

Stir round then add your chopped carrots, greens peas and 2 tablespoon of KizzleFoods Seasoned Onion Flakes and Fiery, Hot Black Pepper.

Cover and allow to cook for 5mins.

- **Step 4:** Boil 2 cups of rice with 1-2 teaspoons of Salt added.

Eat along with the ULTIMATE
VEGETABLE SAUCE



SHRIMP FRIED RICE

Time: 20 mins

Yield: 5 Servings

Ingredients:

- 2 Cups of Jasmine Rice
- Shrimps
- 1 tablespoon of Butter
- KizzleFoods Ground Ginger
- KizzleFoods Ground Garlic
- 1-2 teaspoons of Black Pepper
(Regular/Not Spicy)
- KizzleFoods Seasoned Onion

Flakes

- 3 Eggs
- Sesame Oil
- Spring onions
- Salt



SHRIMP FRIED RICE

Time: 20 mins

Yield: 5 Servings

Directions:

- **Step 1:** Wash and Boil your measured Jasmine Rice and also fry your eggs as Scrambled Eggs. Keep aside once done.

- **Step 2:** Add your measured butter into a pan or pot,- once melted, add your cleaned Shrimps, allow to cook for 1 min then add 2 teaspoons of KizzeFoods Ground Ginger, Garlic, Seasoned Onion Flakes, 2 teaspoons of bouillon cubes or powder and a little salt. Stir and allow to cook for 4-



SHRIMP FRIED RICE

Time: 20 mins

Yield: 5 Servings

Directions:

- **Step 3:** Once cooked, add your boiled Jasmine Rice, Scrambled Eggs and 1 tablespoon of Sesame Oil.- Stir around then add chopped Spring Onions and a little sprinkle of Salt

- **Step 4:** Eat with ULTIMATE VEGETABLE SAUCE



PINEAPPLE STIR FRY CHILLI PASTA

Time: 15-20 mins

Yield: 3-4 Servings

Ingredients:

- Pineapples (Cut in Chunks)
- Thin Spaghetti
- KizzleFoods Seasoned Onion Flakes
- Bell Peppers
- Hot Red Peppers
- Broccoli
- Cherry Tomatoes
- Shrimp
- KizzleFoods Ground Ginger
- KizzleFoods Ground Garlic
- Canola Oil
- Salt



PINEAPPLE STIR FRY CHILLI PASTA

Time: 30 mins

Yield: 3-4 Servings

Directions:

- **Step 1:** Cut your pineapple in chunks, boil your pasta and set aside, cut your ball peppers and hot peppers, and then sautee your shrimps.
all done and set aside.

- **Step 2:** Set your pan or pot on fire and add Canola oil. When heated, add 2-3 tablespoons of KizzleFoods Seasoned Onion Flakes, cut ball and hot peppers,- mix around and add your cherry tomatoes and broccoli. Leave all to cook for 5 mins



PINEAPPLE STIR FRY CHILLI PASTA

Time: 30 mins

Yield: 3-4 Servings

Directions:

- Step 3: After cooking, add 2 teaspoons of KizzleFoods Garlic and Suya Pepper, a teaspoon of salt, and your chunks of pineapple. Stir around and allow to cook for 1min.

Add your cooked pasta and mix into cooked vegetables in medium heat.

Your new food is ready to eat.



GINGER GREEN SMOOTHIES

Time: 10 mins

Yield: 3-4 Servings

Ingredients:

- 4 Strawberries
- 2 Mangoes
- 6 leaves of Baby Spinach
- 4 Bananas
- 3 Kiwi
- 6 chunks of Pineapple
- 1 -2 tablespoon of KizzleFoods
Ground Ginger



GINGER GREEN SMOOTHIES

Time: 10 mins

Yield: 3-4 Servings

Directions:

- Step 1: In this order, add into your blender, your Pineapples first, followed by Kiwi, Banana, Mango, Baby Spinach and then Strawberries.

Blend all to a smoothly and then add your measured KizzleFoods Ground Ginger.

Blend again to desired texture.

You can store in a refrigerator to serve cold or drink in regular room temperature