



The HOME of  
GOOD FOOD

BELLANAIJA  
*weddings*

Compliments from  
**GOLDEN PENNY  
FOODS**

**SPAGHETTI  
&  
BOLOGNESE SAUCE**

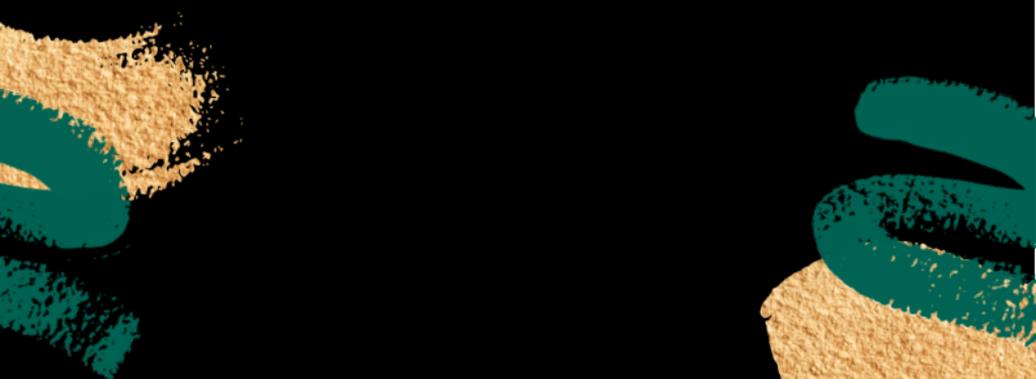


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## INGREDIENTS

- \* Goldenpenny Pasta
- \* Goldenpenny Oil
- \* Tomatoes
- \* Pepper
- \* Onions
- \* Minced meat
- \* Diced bell peppers
- \* Parmesan Cheese
- \* Tomato paste
- \* Oregano
- \* Garlic
- \* Seasoning and salt

## PREPARATION

- \* Heat 2 Cooking spoon Golden penny Soya oil in a pan over medium heat.
  - \* Add minced Garlic, the onions and sauté until golden.
  - \* Add minced meat, cook and stir until pink color is eliminated and its browned.
  - \* Add the tomato paste and the oregano, Stir into the meat.
  - \* Add the Blended tomatoes, Pepper and onions mix then season with salt.
  - \* Cook till tomatoes is properly cooked and reduced about 15 to 20 minutes.
  - \* While Sauce is cooking, bring a pot of water to a boil and season with salt to taste, add a table spoon of oil then add pasta.
  - \* Stir and cook for 10mins. Drain and set aside Garnish Bolognese sauce with Bell peppers and fresh herbs, stir, serve on Pasta and sprinkle Parmesan Cheese
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- The bottom corners of the page feature decorative brushstrokes. On the left, there are strokes in shades of yellow, orange, and red. On the right, there are strokes in shades of red, orange, and yellow, mirroring the colors of the left side.



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**PASTA IN CHICKEN  
ALFREDO SAUCE**



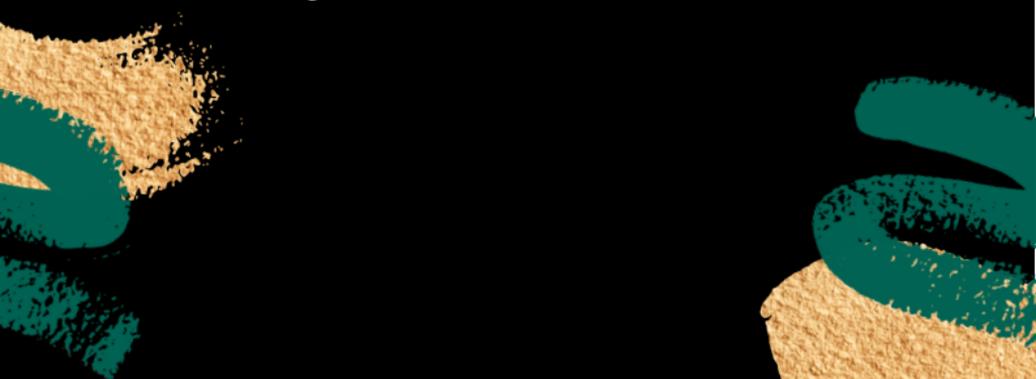
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## INGREDIENTS

- \* Goldenpenny Pasta
- \* Goldenpenny Oil
- \* Chicken Breast
- \* Cooking Cream
- \* Cheese
- \* Onion
- \* Parsley or Cilantro
- \* Rosemary Sprig
- \* Black or Hot Yellow Pepper
- \* Garlic
- \* Seasoning and salt

## PREPARATION

- \* Bring a pot of water to a boil and season with salt to taste, add a table spoon of oil then add pasta. Stir and cook for 8mins.
- \* Reserve half to 1 cup of pasta water then drain and set aside.
- \* Heat 1 cooking spoon oil in a large pan for about 2 minutes.
- \* Add fresh Rosemary sprigs, Then the Seasoned Chicken and allow both sides cook for 2 minutes each or until golden.
- \* Remove Chicken and add 1 cooking spoon of oil into the pan, add minced Garlic and onions, stir till translucent.
- \* Add cooking milk, Black Pepper OR yellow pepper, Grated parmesan and stir as you add.
- \* Add about half to I cup of reserved pasta water to lighten sauce a bit if it's too thick, Season and stir.
- \* Add cooked pasta and toss till well coated.
- \* Add chicken and garnish with fresh herbs.





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**JOLLOF PASTA**



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## INGREDIENTS

- \* Goldenpenny Pasta
- \* Goldenpenny Oil
- \* Chicken Thighs
- \* Onions
- \* Garlic
- \* Bay Leaves
- \* Rosemary Sprig
- \* Tomatoes
- \* Pepper
- \* Ginger
- \* Carrot and Green Peas
- \* Seasoning and salt

## PREPARATION

- \* Put seasoned Chicken in a pot, add rosemary sprig and allow to cook on medium low heat until it brings out its own water.
- \* Boil for about 3 to 5 minutes. Add about 1 cup of water to it then boil for another 3 minutes.
- \* Deep Fry chicken in oil till crisp and golden then set aside.
- \* Heat 2 Cooking spoon oil in a pan over medium heat. Add minced Garlic, the onions and sauté until golden.
- \* Add tomato paste, blended tomatoes, Pepper, onion, Ginger, Oregano and bay leaves then season with salt.
- \* Cook till sour taste is eliminated and sauce is reduced about 15 to 20 minutes, then add seasoning to taste.
- \* While Tomatoes is cooking, bring a pot of water to a boil and season with salt to taste, add a table spoon of oil then add pasta. Stir and cook for 7mins.
- \* Reserve half to 1cup of Pasta water, drain the rest and set aside.
- \* Add reserved Chicken stock into the tomatoes sauce, stir then add pasta and reserved pasta water. Stir and mix till pasta is well coated.
- \* Garnish with Chopped carrots and green peas, Stir then serve with the fried Chicken.

