



TSEBO

LESS IS MORE - WHEN IT COMES TO COOKING WITH OIL

Tip 2: Whether it is olive oil, canola oil, sunflower oil or coconut oil, it is 100% fat - using too much of any type of oil is not beneficial for your health

Tip 5: Use an oil spray bottle on roast vegetable or anything you would have poured oil on

Tip 8: To get crispy fried chicken, dust chicken pieces with a mixture of cornflour and spices. Heat 1 tsp per person of oil on a baking sheet in the oven, remove from the oven and add your dusted chicken pieces, return to the oven and watch the crispiest chicken come to life with minimal oil

Tip 3: When making a stirfry, add your 1 tsp of oil per person. Then add water instead of more oil to finish the cooking process

Tip 6: Use non-stick pans and non-stick sprays where oil is not needed

Tip 9: Oils contain double the amount of calories compared to proteins and carbohydrates, 9 cal per g vs 4 cal per g. So cutting back on oil reduces your total amount of calories significantly.

Tip 1: Use 1 tsp of oil per person you are cooking for, so if you are cooking for 4 people, use 4 tsp of oil to sauté your onions before making a stew

Tip 4: Items that are usually deep fried can be baked very successfully in the oven. Spray the food lightly with oil, and bake till golden brown

Tip 7: Avoid using dented pots & pans as it needs to more oil to cover the base of the pot or pan

Tip 10: Want crispy potato or sweet potato wedges? Instead of pouring oil over the wedges, add your recommended 1 tsp of oil per person to a plastic bag, add your wedges to the bag with the spices, close the bag and do the hippie-hippie shake to cover all the wedges in a tiny amount of oil