CHAKALAKA RECIPE (serves 1-2)

Ingredients

1/2 a brown onion

1 medium carrot

2 cloves of garlic, peeled

1 thumb ginger (approx. 25g)

3 heaped TBS mild curry powder

2 heaped TBS masala

1 tsp chilli flakes (optional)

400g tin baked beans in tomato sauce

400g tin chopped tomatoes

Olive Oil & Salt

Method

Dice the onion and peel & grate the carrot.

Finely chop or grate the ginger & garlic and set aside.

Place a pot over high heat and add 3 tablespoons of oil.

Once hot, add the onions to the pot & caramelise for a few minutes.

Add the carrot & reduce to a medium heat, cooking for a further 1-2 minutes.

Add the ginger & garlic (+ chilli if desired) and cook for another 1-2 minutes.

Add all the spices and cook for ~1 minute more.

Add the baked beans and chopped tomatoes, then bring to the boil.

Allow to simmer for 3 minutes before seasoning to taste.

MAKE IT A MEAL…!

There are many ways you can use Chakalaka to create a full hearty meal. Try adding chopped vegetables during cooking (add to the pot after the carrot and cook until al dente) such as broccoli, cauliflower, capsicum or zucchini, or even fry off some chopped sausage and add to the pan at the end (a delicious suggestion is Boerewors - a traditional South African sausage). If you're game, spice it up even more by adding some fresh chillies, smoked paprika or cayenne pepper!

You could serve over a bed of creamy polenta, mashed potato or crusty sourdough toast. A delicious breakfast can be created by placing the Chakalaka into a baking dish, cracking some eggs over the top (make a little well for each) and then baking in a moderate oven until done to your liking. The possibilities are endless! Enjoy!