

# Chakalaka

While you can buy this proudly South African relish in a can, it's always best when homemade and fresh. Here's a chakalaka recipe to help you keep it green and spice up your bread, pap, stews and curries!



Image Supplied

## Ingredients:

- Three tablespoons (45ml) oil
- One onion, finely chopped
- 2 cloves garlic, crushed
- 50g ginger, finely grated
- Two green birds eye chillies, deseeded and chopped
- Dash of steak and chops seasoning
- Two tablespoons (30ml) mild curry powder
- One green pepper, finely diced
- One red pepper, finely diced
- One yellow pepper, finely diced
- Five large carrots, (unpeeled but scrubbed and topped and tailed), grated
- Two tablespoons (30ml) tomato purée
- 400g can chopped tomatoes
- 400g can baked beans
- Salt and pepper to taste

## Instructions

1. In a deep pot over a medium heat, add the oil and fry the onion until soft and translucent.
2. Add the garlic, ginger and chillies and stir-fry until fragrant.
3. Add the curry powder and steak and chops spice and stir to combine.
4. Add the peppers and cook for another two minutes.
5. Add the grated carrots and stir to make sure they are well combined.
6. Add the tomato puree and chopped tomatoes and stir.
7. Cook for five to ten minutes until the mixture is well combined and slightly thickened.

8. Remove from the heat and add the baked beans.
9. Serve hot or cold.

(WARNING: Hot and spicy, so if you can't take the heat, put down the chillies.)

*Humane Society International, Africa*

For more, visit: <https://www.bizcommunity.com>