



SIBA'S CHAKALAKA

SERVES 6+

COOK TIME: 40 MIN

INGREDIENTS

15ml olive oil
1 onion, finely chopped
2 cloves garlic, crushed
2 bird's eye chillies, deseeded and chopped
50ml ginger, finely grated
30ml mild curry powder
1 green pepper, finely chopped
1 red pepper, finely chopped
1 yellow pepper, finely chopped
5 large carrots, scrubbed, topped and tailed
and grated
3ml tomato purée
400g can chopped and peeled tomatoes
400g can baked beans (optional)
2 sprigs fresh thyme, leaves only
Sea salt and freshly ground black pepper, to
taste

METHOD

In a large frying pan, heat the oil and fry the onion for 2 minutes until soft and translucent. Add the garlic, chillies and half of the ginger – reserve the other half to add right at the end. Add the curry powder and stir to combine.

Add the peppers and fry for another 2 minutes, followed by the carrots. Stir well to make sure they are coated in the curry powder.

Add the tomato purée and tomatoes and stir. Cook for 5–10 minutes until the mixture is well combined and slightly thickened.

Remove from the heat, add the baked beans, fresh thyme, remaining ginger and seasoning to taste, and stir to combine.