

# STEWED MOROGO

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SERVES 4

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COOK TIME: 30 MIN

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## INGREDIENTS

45 ml (3 Tbsp) vegetable oil  
1 onion, sliced  
1 green pepper, sliced  
15 ml (1 Tbsp) Rajah Mild & Spicy Curry Powder  
5 ml (1 tsp) Robertsons Peri-Peri  
2 potatoes, diced  
750 g fresh spinach leaves or morogo  
Robertsons Atlantic Sea Salt, to season

## METHOD

Heat the oil in a frying pan and add the onion, green pepper, Rajah Mild & Spicy Curry Powder and Robertsons Peri-Peri. Fry gently until soft.

Add the potatoes, spinach or morogo leaves and a little water. Cook for about 10 minutes, stirring occasionally and adding a little extra water if necessary.

Season to taste with Robertsons Atlantic Sea Salt and serve hot with mielie pap.

