

# South Africa

## Chakalaka (Baked Beans)

Andrew volunteers with local organisation Malamulele Onward, which supports young people with cerebral palsy. He was invited by his colleague Vutomi to a traditional wedding in Limpopo Province and tasted many traditional foods. One that stood out was *chakalaka*, a spiced tomato and bean relish.

*Chakalaka* is served as a side dish at South African barbecues, called braai, where meat is cooked over hot coals. Everybody makes their *chakalaka* a little bit differently, sometimes adding lots of chilli for a spicy kick.

### Ingredients

- 1 tin baked beans
- 6 large tomatoes, sliced
- 2 green peppers, sliced
- 250g carrots, grated
- 3 tbsp oil
- 2 large onions, sliced
- 1-2 chillies, finely chopped
- 1 tbsp garlic, minced
- 1 tbsp ginger, grated
- 2 tbsp masala or curry powder
- 100g fresh coriander, chopped (optional)
- Salt and pepper to taste

### Method

Heat oil in a large saucepan over medium heat. Add onions, chillies, garlic, ginger and masala or curry powder and fry for four to five minutes stirring frequently until onions are softened.

Add tomatoes and green peppers and simmer over low heat for five minutes.

Add baked beans and carrot and season with salt and pepper. Cook while stirring for five to 10 minutes until the mixture is well combined and slightly thickened.

Add coriander and serve hot or cold.



Chakalaka