Easy Chakalaka with Pap & Wors

Cooking time	30 mins
Preparation time	15 mins
Serves	6

Want to add great depth of flavour to your next chakalaka? Use our convenient Bolognaise Pasta Sauce to make this much-loved South African relish the Royco way! Serve with pap and wors for a traditional dinner or braai everyone will enjoy.

Ingredients

- 45ml (3 Tbsp) oil
- 2 onions, sliced
- 2 green peppers, chopped
- 30ml (2 Tbsp) grated fresh ginger
- 4 cloves garlic, peeled and crushed
- 1 red chilli, finely chopped (or more, to taste)
- 15ml (1 Tbsp) vinegar
- 4 medium carrots, peeled and coarsely grated
- 1 x 210g tin baked beans in tomato sauce
- 125ml (½ cup) water
- 1 x 400g sachet Royco® Bolognaise Pasta Sauce
- 1 x 37g Royco® Durban Curry Dry Cook-In Sauce
- salt and black pepper, to taste
- braaied or grilled boerewors, to serve
- pap, to serve

Vegetarian

This chakalaka sauce is a vegetarian recipe. Try with lentil burgers, or as a topping for baked potatoes.

Family Friendly

Leave out the red chilli if your kids can’t tolerate heat.

Cook’s tips:

This recipe is easy to adapt to suit your favourite chakalaka style. Use dried chilli flakes instead of fresh chillies, add yellow or red peppers, or stir in shredded cabbage to make your relish go further.

Chakalaka is delicious served hot or cold. You can make your relish up to two days in advance, and keep it in a lidded container in the fridge.

Method

1. Heat the oil in a pot and fry the onions and green peppers over a medium heat until soft (about 5 minutes).
2. Stir in the ginger, garlic and chilli, and cook for one more minute.
3. Add the vinegar, turn up the heat and stir well to loosen any bits on the bottom of the pan.
4. Add the grated carrots, baked beans and water, then pour in the Royco® Bolognaise Pasta Sauce.
5. Sprinkle the contents of the sachet of Royco® Durban Curry Dry Cook-In Sauce into the pot, and stir very well for 1 minute.
6. Season generously with black pepper and add salt to taste.
7. Turn the heat down to low and simmer for 15 minutes, stirring now and then to prevent sticking. If the sauce seems dry, add a little more water.
8. While the chakalaka is cooking, braai or grill your boerewors and make the pap according to the packet instructions (or use your favourite method).
9. Serve the boerewors with the pap and plenty of chakalaka on top.

Recipe Tags

Wet Pasta Sauce, Dry Cook-In Sauce, Plant Based

Related Recipes

Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins



Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins



Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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