

Easy Chakalaka with Pap & Wors **RECIPE**

Easy Chakalaka with Pap & Wors



Cooking time 30 mins Preparation time 15 mins Serves

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. Share

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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

Products used



Bolognaise Pasta Sauce

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Durban Curry Dry Cook-In Sauce

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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. 1.

Heat the oil in a pot and fry the onions and green peppers over a medium heat until soft (about 5 minutes).

2. 2.

Stir in the ginger, garlic and chilli, and cook for one more minute.

3. 3

Add the vinegar, turn up the heat and stir well to loosen any bits on the bottom of the pan.

4. 4.

Add the grated carrots, baked beans and water, then pour in the Royco® Bolognaise Pasta Sauce.

5. 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. 6

Season generously with black pepper and add salt to taste.

7. 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.

8.8

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. 9

Serve the boerewors with the pap and plenty of chakalaka on top.

Recipe Tags

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

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35 mins

Preparation time

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