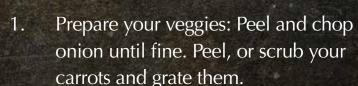
INGREDIENTS

Prep Time: 15mins Cook Time: 30mins

1 serving

- 45 ml OBC Cooking Oil
- 1 onion
- 2 garlic cloves, crushed
- 1 green pepper, finely chopped
- 1 red or yellow pepper, finely chopped
- 3 red or green chilies, deseeded and chopped
- 400 g canned whole tomatoes
- 2 tbsp tomato paste
- 10 ml mild curry
- 4 medium carrots, grated
- 1 medium cauliflower or broccoli, divided into florets
- 1 can OBC baked beans



directions chakalaka ?

- 2. Decan your tomatoes in a jug and blend until nice and smooth.
- 3. Finely chop your garlic, peppers and chilies.
- 4. Heat some oil in a pan, add the onions, garlic, green peppers, chilies and curry powder and fry for about five minutes until nice and soft.
- 5. Add carrots and cauliflower and tomato paste and mix well.
- 6. Cook for a few minutes stirring occasionally, then add your tomatoes and cook at low heat until all vegetables are cooked but slightly crunchy.
- 7. Add baked beans and seasoning.

DLY SOUR

8. Add salt and pepper if more is needed.

