

# “head turning chakalaka”

## 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

1. Prepare your veggies: Peel and chop onion until fine. Peel, or scrub your carrots and grate them.
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.
8. Add salt and pepper if more is needed.

**HAPPY  
HERITAGE DAY**



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