



Day 4
Serves: 4
Preparation time:
10 min
Cooking time:
20 min

Ingredients:

- 2 tablespoons (30ml) oil
- 1 onion, chopped
- 1 tablespoon (15ml) crushed garlic
- 1 green pepper, chopped
- 1 tablespoon (15ml) TOP CLASS Mild Curry Powder
- 200g IMANA Chakalaka Flavoured Super Soya Mince
- 3 cups (750ml) water
- 1 carrot, grated
- 1 cup (250ml) green beans, chopped
- 1 cup (250ml) cabbage (shredded)
- 1 x 410g butter beans in tomato sauce

Method:

1. Heat oil in a large pan and fry the onion for 3 minutes, or until lightly browned.
2. Add the garlic, green pepper and TOP CLASS Mild Curry Powder and cook for 2 minutes.
3. Add the IMANA Chakalaka Flavoured Super Soya Mince, water, rest of the vegetables, excluding the tinned Butter Beans, and cook for 10 minutes.
4. Then add the beans and cook for a further 3 -4 minutes and allow to heat through.
5. Serve with hot pap.

TIP:

The Chakalaka flavour is traditionally one of tomato, onions and beans but you can use a variety of vegetables in this casserole including carrots and cauliflower.



This Recipe Uses