

CHAKALAKA MINCE & MIELIEBROOD POKE BAKE

Serves 6-8

INGREDIENTS

For the chakalaka mince

- 1 tbsp vegetable oil
- 1 onion, sliced
- 3 cloves garlic, crushed
- 500g mince
- 1 tbsp tomato paste
- 1 tin (410g) chopped tomatoes
- 1 sachet (50g) Knorr Chakalaka Soup
- 1 tsp sugar
- Salt and pepper, to season

For the mieliebrood

- 1 cup self-raising flour
- 1 cup maize meal
- 1 tsp smoked paprika
- ½ tsp salt
- 1 cup yoghurt
- 3 eggs
- 4 tbsp butter, melted
- 1 tin (410g) cream style sweetcorn
- 1½ cups grated cheese

Serving suggestion

Sliced spring onion

METHOD

1. Heat the oil in a large pan over a medium heat and sauté the onion and garlic until the onion is translucent.
2. Add the mince and stir until caramelized. Stir in the tomato paste and fry for about 30 seconds.
3. Pour in the tinned tomatoes. Mix the Knorr Chakalaka soup powder with 1 cup hot water and whisk until smooth. Pour into the mince mixture. Add the sugar and allow to simmer over a low heat for 15-20 minutes. Season to taste with salt and pepper and set aside.
4. Preheat the oven to 180°C and grease a large square baking dish (28cm x 21cm).
5. To make the mieliebrood, combine the self-raising flour, maize meal, smoked paprika and salt in a large mixing bowl.

