SOUTH AFRICAN · SIDE · LUNCH

South African Chakalaka

25 min · Serves 6 · 143 kcal a serve · Video 4:44 · Infoods Specials

No dairy listed · No nuts listed

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More than half the dish is vegetables: carrots and peppers bring plenty of vitamin C and beta-carotene (vitamin A), and the beans add fibre. A bright, spicy side that goes with almost anything.

Diet notes: Low saturated fat (0.4 g, 3% of the energy); DASH-friendly (580 mg sodium a serve); Gluten-free with a swap: Check the baked beans and seasoning cube are gluten-free.

Ingredients 15 · SERVES 6

- [ ] **Canola or vegetable oil**: 2 tbsp cooking oil
- [ ] 1 medium **onion**, diced
- [ ] 4 **garlic** cloves, crushed
- [ ] 2 medium **carrots**, shredded
- [ ] about 1 **green bell pepper**, diced
- [ ] about 1 **yellow bell pepper** (or red), diced
- [ ] 1 tsp **paprika**
- [ ] 1 tsp **curry powder**
- [ ] 1 tsp **cayenne pepper**
- [ ] ½ tsp **black pepper**
- [ ] 1 **chicken seasoning cube** (counted as salt)
- [ ] a splash of **water**
- [ ] 1 × 410 g can **baked beans** in tomato sauce
- [ ] ½ tsp **salt**
- [ ] a handful of **coriander**, chopped

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pan over medium heat. Add the onion and garlic and cook until lightly golden. 0:24
2. Add the diced peppers and shredded carrot, then the paprika, curry powder, cayenne, black pepper and crumbled seasoning cube. Stir to coat the vegetables in the spices. 1:29
3. Add a splash of water and cook for about a minute over medium-low heat, so the vegetables soften slightly but stay crunchy. 2:16
4. Stir in the baked beans and the salt and simmer 3–5 minutes, until thick and the spices have soaked into the beans. 2:29
5. Stir through the coriander and serve warm as a side with breakfast, lunch or dinner. 3:29

> **Tip** Serves 6 as a side (our estimate). Choose reduced-salt, reduced-sugar baked beans, and a vegetable stock cube to make it vegan. Add green beans or shredded cabbage if you have them. Keeps 4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
143 kcal 600 kJ	4.6 g 9% of a day	23 g 18 g net · 9.4 g sugars 8% of a day

FIBRE	FAT	SODIUM
5.4 g 19% of a day	5.1 g 0.4 g saturated 7% of a day	580 mg 25% of a day

Energy from net carbs 53% · protein 13% · fat 34%

High in (20%+ of a day) Vitamin C 63% · Vitamin A 29% · Omega-3 29%

Source of (10–19%) Zinc 17% · Vitamin B6 17% · Vitamin K 14% · Vitamin E 12%

Recipe and video: Infoods Specials (@InfoodsSpecials) on YouTube — youtube.com/watch?v=iqLcZ0Qqkmc, published 27 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/infoods-south-african-chakalaka