



CHAKALAKA MINCE-STYLE VETKOEK

Serves 6

INGREDIENTS:

45 ml (3 Tbsp)	Oil, for frying
150 g (2 medium)	Onions, chopped
75 g (1 medium)	Green pepper, chopped
75 g (1 medium)	Red pepper, chopped
300 g	Beef, mince
200 g (1 can)	Tomatoes, chopped
60 g	Deli Coloured TVP Fine (70200117)
100 g (1 sachet)	Chakalaka Base R/P (08556030)
875 ml (3½ cups)	Water
540 g (6)	Vetkoek, large, cut in half (90 g each)

METHOD:

- 1 Heat the oil in a large pot and fry the onions until soft and transparent. Add the peppers and fry for ± 2 minutes. Add the mince and cook until browned, then add the tomatoes.
- 2 Add the Deli Coloured TVP Fine and Chakalaka Base R/P.
- 3 Gradually add the water, stirring continuously, until the mixture boils.
- 4 Reduce the heat and simmer for 10 - 15 minutes, stirring occasionally, until the sauce has thickened.
- 5 Spoon ± 150 g of filling into each vetkoek to serve.