

# Food for Thought

## Recipe card

### Chakalaka South Africa

*Contributed by Mandy Padayachee*

This tasty traditional South African vegetable recipe is usually served with either bread or rice. Serves four.

#### Ingredients

¼ cup olive oil  
medium onion diced  
1-2 tsp curry powder  
4 chopped garlic cloves  
½ tsp thyme  
½ tsp smoked paprika  
1 tsp cayenne pepper  
½ tsp chopped ginger  
1-2 tomatoes  
3-4 cups sliced cabbage  
1-2 chilli peppers, diced, seeds removed for less heat  
1 large carrot, grated or sliced thinly  
1 green pepper, diced  
1 red pepper, diced  
1 can baked beans

#### Method

1. In a large saucepan, heat oil over medium heat. Add onion, cook for 1-2 minutes.
2. Stir in all the spices: garlic, ginger, smoked paprika, curry powder, cayenne pepper, thyme. Continue stirring for about a minute.
3. Add tomatoes, bell peppers, carrots, cabbage and chilli peppers. Continue stirring for 10 minutes, then leave to simmer for about 5 minutes, stirring occasionally to prevent burning.
4. Finally add baked beans. Continue cooking for a further 3-4 minutes.
5. Add seasonings to taste. Serve warm with rice or bread.

#### How ActionAid is supporting women in South Africa

As well as being a subsistence farmer, Rendani is a single mother with four children. She is also a member of two ActionAid-supported local groups, one focusing on adult literacy and one on supporting women farmers.

Literacy has given her the confidence to deliver speeches and talk openly about problems in her community, while agroecology training has helped her boost her yields, diversify her crops and earn money to provide her children with clothes, school materials and more.

