

Matapa

A traditional peanut & coconut milk spinach

Ingredients

150g onions, finely chopped
2 Tbsp oil (vegetable oil may be substituted)
2 cloves garlic
150g peanut butter
250ml of coconut milk
2 tsp vegetable stock powder
salt to taste
1 tsp crushed red pepper, or to taste
1,5 kg fresh, young cassava leaves, (spinach, finely chopped)

Method

Step 1

Boil spinach leaves with garlic till cooked. Remove garlic and reserve, squeeze spinach

Step 2

Sauté onion pieces in a small amount of oil in a saucepan over medium-low heat. Cook until onions are softened, but do not brown them, now finely chop the garlic from the boiling water and add, cook for 2-minutes till fragrant.

Step 4

Add the peanuts, coconut milk, salt, vegetable stock and a pinch of crushed red pepper and keep stirring over low heat, simmer for a few minutes.

Step 6

Add drained and squeezed spinach leaves.

Step 7

Keep stirring until peanut and spinach is nicely cooked about 10 minutes. Check and adjust seasoning.

THE COOKERY

by The Secret Jozi Chef

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