

Vegetable Moqueca

Ingredients

4 tbsp olive oil
2 white onions, chopped
2 yellow peppers, deseeded and thinly sliced
2 red peppers, deseeded and thinly sliced
8 spring onions, trimmed and finely chopped
6 cloves of garlic, finely chopped
4 tsp sweet paprika
1 - 1 1/2 chili powder
800ml coconut milk
200ml vegetable stock
4 large tomatoes, deseeded and chopped
4 tbsp tomato puree
1 cup pumpkin, cut into 1,5cm chunks
6 small courgette's, cut into 1.5cm chunks
6 pattipan cut into quarters
1 cup mushrooms, cut into quarters
Juice of 2 lime
Handful of fresh coriander
Sea salt and black pepper

Method

Step 1:

Heat the oil in a frying pan over medium high heat, add onions and peppers and fry till softened (4-6 minutes)

Step 2:

Add the spring onion, garlic, paprika and chili powder and cook for another minute

Step 3:

Now add the chopped tomato and tomato puree, bring to a simmer and cook uncovered for 5 minutes, add a little of the stock when needed. Once the tomatoes have collapsed add the coconut milk, and remaining vegetable stock, Season with salt and pepper

Step 4:

Add the pumpkin and cook for 15 minutes until almost tender before adding courgette's, pattipans and mushrooms - simmer for another 4-5 minutes until just tender.

Step 5

Add the lime juice then taste and adjust seasoning. Remove from heat and add coriander. Serve with coconut rice

THE
COOKERY

by The Secret Jozi Chef

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