

# 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

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

[www.facebook.com/secretjozichef](http://www.facebook.com/secretjozichef)