



Boiled Yam and Egg

INGREDIENTS

- 4-6 large eggs
- 2 tubers yam
- 1 green capsicum diced
- 2 medium - sized tomatoes chopped
- 1-2 scotch bonnet chopped
- 1 small onion chopped
- 1 red bell pepper chopped
- 1/3 cup vegetable oil
- 1/2 tsp salt
- 1 Seasoning cube
- 1/2 tsp curry
- 1/2 tsp thyme

METHOD

1. Slice yam into about 1-inch size and peel the skin off.
2. Rinse in clean water till water runs clear and no residue in water.
3. Put yam in a pan, add enough water to cover it, add salt and place on medium heat and cook till soft. Test with a fork, if it goes through, then the yam should be soft enough.
4. Break eggs into a shallow bowl, whisk till egg white and egg yolk are well combined, add salt and whisk to combine then set it aside
5. Place a frying pan on a medium/low heat, add of vegetable oil, heat for about 2-3 minutes
6. Add chopped peppers, tomatoes and onions (this should sizzle) and cook for about 4-5 minutes or till oil floats on the sauce, add salt, seasoning, curry and thyme. Stir to combine ingredient with sauce and also avoid sauce sticking to the pan
7. Add whisked eggs to sauce and leave for about a minute before stirring. (this will allow the egg to set a bit) Stir to scramble egg. Serve egg sauce with boiled yam immediately.

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African Vegan Stew

INGREDIENTS

- 1 large yellow onion, diced
- 3 tablespoons vegetable oil
- 6 garlic cloves, chopped
- 2 tablespoons freshly grated ginger
- 1-2 jalapeño peppers, diced
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon coriander
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1 1/2 teaspoons kosher salt
- Black pepper to taste
- 4 cups vegetable stock or water)
- 1 small handful of fresh thyme sprigs
- 450g sweet potatoes, peeled and diced
- 1/2 cup Peanut Butter
- 425g can of cannellini beans (or other white beans such as navy beans)
- 800g can crushed tomatoes
- 5 cups 100g chopped kale
- Serve with rice

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African Vegan Stew

METHOD

1. Heat a large, deep pan on. Add the oil, and once it's shimmering, add the onions with a pinch of salt. Cook until the onions are just starting to brown, about 5 minutes. Add the garlic, ginger, and jalapeño peppers. Cook for 2 minutes, stirring frequently to prevent burning.
2. Add in the tomato paste, cumin, coriander, cinnamon, cloves, 1 1/2 teaspoons salt, and a generous amount of freshly cracked black pepper. Stir frequently and vigorously for 2 minutes, incorporating the tomato paste and spices into the onions. Add a few splashes of water to prevent the spices from drying out or burning.
3. Pour in the vegetable stock or water, stirring with a spatula to scrape up any browned bits on the bottom of the pan. Add the thyme sprigs, sweet potatoes, peanut butter, white beans, and crushed tomatoes. Stir well to combine.
4. Bring the mixture to a boil, then reduce the heat to low or medium-low to maintain a rapid simmer for 20 to 25 minutes, or until the sweet potato is soft and tender, stirring occasionally.
5. Optional step: The stew should be quite thick by now, but if you want it to be even thicker and creamier, run an immersion blender through half of the stew (don't blend it all - you want to retain some texture).
6. Add the chopped kale and simmer for 3-5 minutes, or until wilted. If desired, use a fork to smash the sweet potatoes to further thicken the stew.

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