



SOUTH AFRICAN STYLE NACHOS

A take on traditional nachos served with chili flavoured lamb mince, chakalaka salad, Amasi dressing and mini magwinya (fat cakes).

LAMB

1 tablespoon Olive oil
500 g Lamb mince
2 tablespoons Tomato paste
2 teaspoons Ground cumin
1 teaspoon dried Chili flakes
¼ teaspoon Ground allspice
1 teaspoon Paprika
1 teaspoon Ground coriander
1 tablespoon Dried oregano
2 cloves Garlic, crushed
1 teaspoon Salt
½ teaspoon Freshly ground black pepper
1 Lime, juiced
½ bottle Dark beer

AMASI DRESSING

1 cup Amasi
½ cup Mayonnaise
1 clove Garlic, minced
½ teaspoon Salt
¼ teaspoon Black pepper
2 teaspoons Fresh lemon juice
½ teaspoon Tabasco
2 teaspoons Fresh chives, finely chopped

MAGWINYA

2 cups Cake flour
1 teaspoon Instant yeast
1 teaspoon Sugar
¼ teaspoon Salt
½ cup Warm water
500 ml Oil, for deep frying

CHAKALAKA SALAD

¼ cup oil
2 tablespoons Fresh ginger, grated
1 tablespoon Garlic, grated
3 Green, chilies, finely chopped
1 large Onion, finely chopped
2 tablespoons Curry powder
1 tablespoon Masala
4 medium Tomatoes, skins and seeds removed, cut into large dice
1 Green pepper, seeded and diced
2 medium Carrots, peeled and finely julienned
1 teaspoon Salt
1 tablespoon Lemon juice
1 teaspoon Sugar





SERVES
4 - 6 servings



PREP TIME
25 minutes
plus 1 hour for
dough to rise



COOK TIME
35 minutes



TOTAL COOK TIME
1 hour

Prepare the lamb:

1. Heat the oil in a large pan over high heat. Add the lamb, tomato paste, cumin, chili, allspice, paprika, coriander, oregano, garlic, salt and pepper and cook.
2. Break the mince up with a wooden spoon to get a loose texture. Cook for 10 minutes or until golden brown, add the lime juice and beer, and deglaze the pan, loosening all the brown bits from the pan. Cook until the mince mixture is dry and all the liquid has reduced.

Prepare the magwinya:

3. Combine the flour, yeast, sugar and salt in a large mixing bowl.
4. Add the water and 1 tablespoon of oil and mix into a soft dough. Knead for about 5 minutes.
5. Cover the mixture with a cloth and allow to rise for about an hour or until the dough has doubled in size.
6. Knead the dough for about a minute to remove the air, divide into small balls, cover and place on a tray in a warm place to double in size, about 10 minutes.
7. Heat the oil in a large pot over medium heat. Check that the temperature is correct by cooking a small piece of dough. Flatten the balls slightly.
8. Add 2-3 flattened balls and cook for 2-3 minutes, fry them on one side until golden brown and turn to the other side. Remove with a slotted spoon and drain on paper towels. Cook the remaining balls and keep aside.

Prepare the chakalaka salad:

9. Heat the oil in a pan over medium heat and add the ginger, garlic, chilies, curry powder and masala. Fry 2-3 minutes until well blended. Keep aside.
10. Place the tomatoes, green pepper and carrots in a bowl. Mix the salt, lemon juice and sugar and pour over the salad ingredients. Pour the curry dressing over the salad and mix to blend all the ingredients together.

Prepare the amasi dressing:

11. Combine the amasi, mayonnaise, garlic, salt, pepper, lemon juice, tabasco and Chives together in a medium bowl and whisk well. Chill until ready to serve.

Prepare the dish to serve:

12. Place the magwinya on a serving platter, top with the mince and chakalaka salad, drizzle with the amasi dressing and garnish with fresh cilantro and avocado.

