

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

## CHAKALAKA SAMP & BEANS

### RECIPE SUGGESTION:

Enjoy as is, or add your favourite meat product. Add extra curry if you like it spicy.

### PREPARATION GUIDE:

~ MEAL FOR 4 ~

Boil Samp & Beans for 20min and let rest while covered for another 60min until soft. Add all ingredients to pot with 500ml boiling water. Cook over low heat for approx. 15min. Add more water if required to get desired consistency.

### NUTRITIONAL INFO

**TOTAL (g)**  
Serving / 100

Energy (kJ)	1177	1471
Protein (g)	14.4	18
Carbohydrates (g)	54	67.7
<i>of which total sugar (g)</i>	0.7	0.9
Total Fat	0.8	1
<i>of which total Saturated Fat</i>	0.1	0.2
Dietary Fibre (g)	7.5	9.4
Sodium (g)	1.2	1.6
Cholesterol (mg)	1.1	1.4
Potassium (mg)	0	0



### INGREDIENTS:

Maize (corn), Beans, Salt, Sugar, Flavourings, MSG, Spices.

PACKED AT THE GARDEN ROUTE FOOD PANTRY • GEORGE  
WESTERN CAPE • 071 427 5638 • WWW.FOODSOCK.CO.ZA