



AFRICA AL'S

Handmade African Sauces

FISH, CHICKEN & MEAT



COOKING RECIPES

Not guaranteed 100% allergen free. May contain traces of Nuts



Mild & Tasty

West African Curry Paste



Hot & Spicy

West African Curry Paste

AFRICA AL'S COCONUT CHICKEN CURRY

Ingredients:

- 1 Small Jar (180g) of Africa Al's Hot or Mild Curry Paste
- 2/3 Tin good quality Coconut Milk
- 500g Chicken cut into cubes
- 1/2 Large Green Pepper

Method:

Mix the Chicken, coconut milk and curry paste together in a pan and slowly bring to a simmer.

Cook for 20 minutes

Slice and add the Green Pepper

Cook for 10-15mins and add salt if required

Serve with Boiled Rice

Mild & Tasty

West African Curry Paste



Hot & Spicy

West African Curry Paste

AFRICA AL'S CURRIED BEEF AND TOMATOES

Ingredients:

- 1 Small Jar Africa Al's Curry Paste (Hot Or Mild)
- 1 Tin Chopped Tomatoes
- 1/2 Kilo Best Braising Steak Or Shin Beef Diced
- Beef Or Veg Stock

Method:

Put the beef into cooking pot, add the curry paste and mix well coating all the beef in the paste.

(If you have time you can keep this in the fridge for a couple of hours to marinade and then continue the process)

Add the chopped tomatoes and bring to the boil Reduce the heat and start to add the stock until it is of the consistency you prefer. Cook slowly (simmering) on hob top until meat is tender or alternatively put ingredients in a slow cooker

Serve with rice/chips or bread (or all 3!!!)

Mild West African Red Stew Paste

AFRICA AL'S PRAWNS & CHORIZO IN RED STEW PASTE

Ingredients:

- 1 Small Jar (180g) of Africa Al's Red Stew Paste
- 1 Small jar of water
- 1 Diced Chorizo Sausage
- 500g Prawns
- 1/2 Stock Cube (Chicken or Veg)

Method:

Gently fry chorizo until oil is released (approx.5 mins)

Add prawns, red stew paste, stock cube and water

Simmer until prawns are cooked (10-15mins)

Serve with white rice & crusty bread

Notes:

This is also nice with some fresh green peppers roughly chopped and tossed in 5 mins before the dish is cooked, it gives a nice crunchiness.

Mild West African Red Stew Paste

AFRICA AL'S CHICKEN & CHORIZO IN RED STEW PASTE

Ingredients:

- 1 Small Jar (180g) of Africa Al's Red Stew Paste
- 1 Small jar of water
- 1 Diced Chorizo Sausage
- 500g Diced chicken breast
- 1/2 Stock Cube (Chicken or Veg)

Method:

Gently fry chorizo until oil is released (approx.5 mins)

Add chicken, red stew paste, stock cube and water

Simmer until chicken is cooked (25-35mins)

Serve with white rice & crusty bread

WWW.AFRICA-ALS.CO.UK



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Mild & Tasty
West African Curry Paste

OR

Hot & Spicy
West African Curry Paste

AFRICA AL'S FISH CURRY

Ingredients:

- 1 (180g) Jar Africa Al's Mild or Hot Curry Paste
- 500g Fish fillet (whole or chunks)
- 1 Tin coconut milk
- Salt or Optional - 1 stock cube

Method:

- Mix the paste and coconut milk together and bring to a simmer.
- Drop in the fish and poach in the sauce for about 20min

Serve with baby new potatoes and green beans or rice

Mild West African Groundnut Stew

AFRICA AL'S PORK CHOPS WITH GROUNDNUT STEW

Ingredients:

- 500g Pork Chops
- 1 Small Jar (180g) of Africa Al's Groundnut Stew
- Potatoes (Roasted or Boiled) Green Beans

Method:

- Grill or Oven cook the pork chops

Mix the Groundnut paste with water (1:1) and bring to a simmer place the chops, Potatoes and Beans on a plate

Pour over the hot Groundnut sauce and serve (Goes equally well with grilled chicken breasts)

ALSO AVAILABLE OUR RANGE OF CHILLI DIPS & CHUTNEYS
THESE ARE GREAT ON THEIR OWN
OR AS AN ACCOMPLIMENT TO ANY DISHES

Hot & Smokey Chilli Dip

Hot Sweet Chilli Dip

Mango & Chilli Dip

JuJu Fire Chilli Dip

Ft. Jay's Komodo Dragons - Extremely Hot

The Original
Hot Chilli Dip

ALL AVAILABLE TO BUY AT WWW.AFRICA-ALS.CO.UK