



AFRICA AL'S

Handmade African Sauces



VEGETARIAN



COOKING RECIPES

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

Mild West African Red Stew Paste

AFRICA AL'S BLACK EYED BEANS IN WEST AFRICAN RED STEW

Ingredients:

- 1 (180g) Jar West African Red Stew Paste
- 1 Tin (400-500g) Black eyed beans in water
- Salt
- Optional - 1 Tsp Tomato Puree
- Optional - ½ stock cube

Method:

- Strain the water off the beans and place in the pan
- Add the jar of red stew paste
- Add 1- 2 jars of water
- Add tomato puree (optional)
- Add Stock cube (optional)
- Stir together, bring to the boil and simmer for 20 mins

Serve with white rice and crusty bread

Mild West African Red Stew Paste

AFRICA AL'S BUTTERNUT SQUASH & GARDEN PEAS IN WEST AFRICAN RED STEW

Ingredients:

- 1 (180g) Jar West African Red Stew Paste
- 500g Butternut Squash peeled and cubed (Fresh or Frozen)
- Salt
- Optional - ½ stock cube

Method:

- Add all the ingredients into a pot
- Add 1 jar of water
- Stir together, bring to the boil and simmer for 20 mins or until Squash is tender

Serve with white rice and crusty bread



Mild & Tasty
West African Curry Paste

OR

Hot & Spicy
West African Curry Paste

AFRICA AL'S SWEET POTATO, CHICKPEA & SPINACH WEST AFRICAN COCONUT CURRY

Ingredients:

- 1 (180g) Jar Africa Al's Mild or Hot Curry Paste
- 300g Sweet potato peeled & diced (Fresh or Frozen)
- spinach
- 1 tin chickpeas (strain water off)
- Salt or Optional - 1 stock cube

Method:

- Add all the ingredients into a pot
- Add ¾ tin coconut milk
- Stir together, bring to the boil and simmer for 20 mins or until sweet potato is tender

Serve with white rice and crusty bread



Mild & Tasty
West African Curry Paste

OR

Hot & Spicy
West African Curry Paste

AFRICA AL'S COCONUT PUMPKIN CURRY

Ingredients:

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

Method:

- Mix the Pumpkin, coconut milk and curry paste together in a pan and slowly bring to a simmer add the green peppers.

- Cook for 20 minutes or until pumpkin is soft add salt if required

Serve with Boiled Rice

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Mild West African Groundnut Stew

AFRICA AL'S ROASTED VEGETABLES WITH GROUNDNUT STEW

Ingredients:

1 (180g) Jar West African Groundnut Stew Paste
Variety of Vegetables for roasting e.g. Red Peppers,
Green Peppers, Courgettes, sweet potato, Salt

Method:

Place vegetables in a roasting dish, sprinkle with a little salt and oil and place in the oven for about 20mins.
(Do not cover)

Whilst the vegetables are roasting mix ½ jar of groundnut paste with water and heat until simmering.

Plate the vegetables on top of some cooked white rice and pour over the sauce.



Mild & Tasty

West African Curry Paste

OR

Hot & Spicy

West African Curry Paste

AFRICA AL'S CURRIED LENTILS

Ingredients

1 (180g) Jar Mild or Hot Curry Paste
500g Yellow lentils or split peas
Salt
Optional – 1 stock cube

Method:

Soak the lentils as per instructions
Combine lentils, paste and stock cube in a pot
Add enough water to cover the lentils by about 1 inch
Bring to the boil, cover and simmer, stirring occasionally
Check periodically they are not drying out and add more water as required.
When lentils are cooked check for salt and add if required.
(Do not add salt until they are cooked)

Serve with white rice and crusty bread

SPICE THINGS UP WITH OUR RANGE OF CHILLI DIPS & CHUTNEYS

Hot & Smokey Chilli Dip

Hot Sweet Chilli Dip

Mango & Chilli Dip

JuJu Fire Chilli Dip

Fl. Jay's Komodo Dragons - Extremely Hot

The Original Hot Chilli Dip

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