

Boerewors Stew

We are so excited the SA Odyssey Recipe book is available again. Here is one of our favourites from our book, which is perfect for wintery evenings.

NB: Suitable for both TM5 and TM31

Prep time: 5min
Cooking time: 23min
Serves: 6

Ingredients

1 onion
handful of parsley
20g olive oil
820g tomato and onion mix
800g boerewors, cut into 7cm pieces
salt and pepper to taste



Method

1. Chop onion and parsley **5 sec/speed 5**. Using TM spatula, scrape down sides of TM bowl.
2. Add olive oil. Sauté **3 min/100°C/speed 1**.
3. Add tomato and onion mix, boerewors, salt and pepper.
4. Cook **20 min/100°C/reverse/speed 1**.
5. Adjust seasoning. Serve with mashed potato, pap or rice.

Cook's notes

- Replace boerewors with any other sausage.
- May add green pepper in step 1.
- May add small potato pieces and vegetables of your choice.

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