

## UPHUTHU SALAD

"I love using our natural vegetation and finding different vehicles to celebrate the beauty our land has to offer. This is my spin on a couscous salad – healthy, fresh, gluten-free, and wholly South African."

- \* 750ml water
- \* ½ tsp salt
- \* 2 cups maize meal
- \* ½ tsp turmeric
- \* ½ butternut, cubed
- \* Bunch of spinach, chopped
- \* 60ml chickpeas
- \* ½ white onion, chopped
- \* 1 clove garlic, minced
- \* Bunch of fresh coriander, chopped
- \* 2ml smoked paprika
- \* 80ml butter

**1** Pour boiling water into a pot and add the salt and turmeric. Cover until it starts to simmer then immediately add the maize meal. The heat should be low as steam is used to cook the maize. If you cook over a high heat the uPhuthu will burn and still be raw. Use a fork/ or a wooden spoon handle to mix (not a spoon). Stir until lumps form and there is no dry maize meal in the pot. Cover and stir again every 5-10 minutes, cooking for 30-40 minutes. To test if ready, grab a little bit of the uPhuthu, form a small ball and gently toss it on your surface. If it bounces it's ready. If not cook it for a little longer. While the uPhuthu cooks, prepare your vegetables for sautéing. Peel and cut up the butternut and place in a large pan with a little olive oil. The smaller the cubes, the faster they will cook. When they start to turn brown, season with salt and pepper and cover for 5-8 minutes or until they are soft. To this, add the chopped spinach and onion and the garlic, stirring continuously. Taste and season if required. Add the chickpeas and smoked paprika and stir in the butter so it melts into the vegetables. Once the uPhuthu is ready, toss the vegetables and uPhuthu together. Add a little olive oil and the butter from the vegetables, correct the seasoning, add the chopped coriander and serve.

