



LOVES FOOD

BUTTERNUT VEGGIE MIX

INGREDIENTS:

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| 1 large butternut (serves 4-6 people) | 3 large green peppers |
| 4 large carrots peeled and chopped | 10 baby corn cobs |
| Half a teaspoon of black pepper | 1 medium red onion |
| 2 table spoons of cooking oil | Half a teaspoon of salt |
| 1 teaspoon thyme | 1 lemon zested and juiced |
| 2 tablespoons of Rivonia sweet chilli sauce | |

METHOD:

1. Peel and chop your butternut into medium chunks, no larger than 3cmx3cm squares
2. Boil the butternut until cooked but firm. Drain excess water and set aside.
3. Clean and chop your green pepper, baby corn and carrots, as close in size to the butternut as possible.
4. Clean and chop your onion into chunks similar in size to the other vegetables.
5. In a medium to large pot, fry your onion chunks in cooking oil until they are translucent.
6. Add lemon zest, lemon juice sweet chilli sauce, salt, pepper and thyme and allow to bubble for a minute or two.
7. Add the chopped vegetables and steam for about 5 minutes, stirring periodically to allow the sauce to coat the vegetables well.
8. Add the pre-cooked and drained butternut. Mix thoroughly and cover for another 3-5 minutes.

SERVING SUGGESTION

This dish makes an excellent side dish and will make you the star at any potluck or bring and braai. In your own home, you can enjoy this as your main starch dish along with any grilled protein. This also makes a great side to some plain rice and curry dish. However you choose to serve this dish, it is sure to make a regular appearance at your dining table.

Enjoy!

With love,
From Famous Warrior's kitchen