



### Ingredients for garnishing

- Bell peppers (dice)
- Sweet corn
- Grated cheese
- Red onion(dice)

### Ingredients

- Minced beef
- Red onion
- Sea salt
- Curry powder
- Chilli powder

### Method:

Place frying pan on a medium heat hob, pour 2tbs of olive oil on pan, add onion, chilli powered, curry powder, thyme abs mix. Add minced beef and allow to cook for 10 minutes before setting it aside.

### Ingredients

- Black eye peas 2 cups or desired quantity cooked.
- Red onion 1 whole (diced)
- Olive oil (3 tbs)
- Ginger paste (1tbsp)
- Basil dry (1/2 tsp)
- Scotch bonnet (2 seeds) (diced)
- Curry powder (1tbs)
- Thyme (1tbs)
- Sea salt (pinch of salt)

### Method:

Place pot on a medium heat hob. Pour in oil, add onion and scotch bonnet and stir. Allow to cook for 1 minute before adding the curry, thyme, ginger paste and dry basil with a pinch of salt. Allow to cook for 2 minutes and pour in the cooked black eye peas. Stir ingredients together and taste texture to get the desired taste. Allow to cook for 3 minutes before setting it aside.

### Ingredients

- Plain flour (2-3 cups)
- Sea salt (pinch of salt)
- Warm water (2 cups or more)
- Mixing bowl
- Olive oil

Tip flour into mixing bowl add pinch of salt and pour in the warm water. Knead the flour to become dough. Cut dough into equal sizes. I use my hands, but a wooden spoon or knife from the cutlery drawer is fine. Tip onto a lightly floured surface and knead for 5-6 minute.

Place pan on a medium heat, pour in the oil and allow to heat for 2 minute. Tip in the dough stir from side to side as the dough begin to rise. Allow dough to cook and turn golden brown before laying it aside. Follow the same process with cooking the remaining dough. Set aside and allow it to cool down before serving with black eye peas, mince beef, bell peppers, red onion, cheese and sweet corn.

AS SEEN ON THE PICTURE. ENJOY!