

CHAKALAKA SEAFOOD SKILLET

Serves 4



Bring a distinctly South African flavour to the seafood braai. Spicy chakalaka, juicy tomatoes and a mix of seafood come together in one sizzling skillet - ideal for sharing with plenty of crusty bread.

INGREDIENTS:

- ☐ 300g Breco Easy Peel Prawns
- ☐ 300g Breco Squid Rings or Breco Squid Strips
- ☐ 500g mussels, cleaned
- ☐ 1 tbsp olive oil
- ☐ 1 onion, finely chopped
- ☐ 2 garlic cloves, crushed
- ☐ 1 red pepper, diced
- ☐ 1 green pepper, diced
- ☐ 1 tbsp mild curry powder
- ☐ 1 x 400g can chopped tomatoes
- ☐ 250g chakalaka
- ☐ ½ cup vegetable or seafood stock
- ☐ 1 tsp smoked paprika
- ☐ Salt and freshly ground black pepper
- ☐ Handful fresh coriander, chopped
- ☐ 1 lemon, cut into wedges

TO SERVE:

- ☐ Crusty bread

METHOD:

01. Place a large cast-iron skillet on the braai and heat the olive oil.
02. Add the onion, garlic and peppers and cook for 4–5 minutes until softened.
03. Stir in the curry powder and smoked paprika and cook for 30 seconds.
04. Add the tomatoes, chakalaka and stock. Simmer for 8–10 minutes, stirring occasionally.
05. Add the mussels, cover the skillet with a lid or foil and cook for 3 minutes.
06. Add the prawns and calamari and cook uncovered for a further 3–4 minutes, stirring gently, until the seafood is cooked through and the mussels have opened.
07. Season with salt and pepper and scatter with fresh coriander.
08. Discard any mussels that remain closed and serve immediately with lemon wedges and crusty bread.