



WHITE STAR

ALL DAY BREAKFAST BOWL

Serves: 4

Preparation time: 20 minutes

Cooking time: 30 minutes

CATEGORY: Breakfast



Ingredients

Stiff Maize Meal:

- 500ml water
- 5ml salt
- 5ml dried thyme
- 250ml White Star Quick Maize Meal
- 30g butter

Spicy Tomato Sauce:

- 15ml canola oil
- 1 red onion, chopped
- 1 garlic clove, sliced
- 5ml chilli flakes
- 5ml salt
- 5ml pepper
- 1 x 400g tin chopped tomatoes
- 10g parsley

Roasted Cherry Tomatoes:

- 12 cherry tomatoes, halved
- 15ml canola oil
- Pinch of salt and pepper
- 5ml dried thyme

Chipolatas:

- 20ml canola oil
- 8 chipolatas

Method

Stiff Maize Meal:

1. Bring the water to a boil. Add the salt and thyme. In a steady stream, pour in the White Star Quick Maize Meal, whisking continuously until cooked. This will take 2 minutes. Once cooked, remove from the heat and add the butter.

Spicy Tomato Sauce:

1. Heat the oil in a pan over a medium heat. Add the onion, garlic, chilli flakes, salt and pepper. Cook until soft.
2. Add the tin of tomatoes and a dash of water. Cook down slowly for 10 minutes, until reduced.
3. Once cooked, remove from the heat. Adjust seasoning with salt and pepper. Stir through the chopped parsley.

Roasted Cherry Tomatoes:

1. Preheat the oven to 190C.
2. Place the halved cherry tomatoes on a lined baking tray. Toss them through the oil, salt, pepper and thyme.
3. Roast in the oven for 15-20 minutes, until soft and slightly coloured.

Chipolatas:

1. Heat the oil in a pan over a medium-high heat. Add the chipolatas and cook until coloured on all sides, and cooked through.

To Assemble:

1. Divide the maize meal between four bowls.
2. Top with the hot tomato sauce, followed by the chipolatas and roasted tomatoes.