

No added MSG,
preservatives
or colourants

SUFFICIENT FOR
2 MEALS



POTJIEKOS COOK-IN-SAUCE



SERVING SUGGESTION

100 g

SERVING SUGGESTION



MEAT OR CHICKEN POTJIE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
750 g	Meat or chicken
1 L	Water (4 cups)
50 g	SO GOOD POTJIEKOS COOK-IN-SAUCE (5 tbsp)
250 g	Mixed vegetables (2 cups)
250 g	Baby potatoes (2 cups)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the meat and brown slightly.
3. Add 2 cups of the water and cook with the lid on until the meat becomes tender.
4. Mix the SO GOOD POTJIEKOS COOK-IN-SAUCE with the remaining water and add to the meat.
5. Add the vegetables and potatoes and cook for ± 15 – 20 minutes.



OXTAIL STEW

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
750 g	Oxtail
1 L	Water (4 cups)
50 g	SO GOOD POTJIEKOS COOK-IN-SAUCE (5 tbsp)
250 g	Carrots, sliced (2 cups)
250 g	Potatoes, diced (2 cups)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the meat and brown slightly.
3. Add 2 cups of the water and cook with the lid on until the meat becomes tender.
4. Mix the SO GOOD POTJIEKOS COOK-IN-SAUCE with the remaining water and add to the meat.
5. Add the carrots and potatoes and cook for ± 15 – 20 minutes.



TRIPLE & SUGAR BEAN POTJIE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
50 g	Tomato paste (3 tbsp)
750 g	Cooked tripe, cubed
300 g	Sugar beans, drained and rinsed (1 tin)
50 g	SO GOOD POTJIEKOS COOK-IN-SAUCE (5 tbsp)
500 ml	Water (2 cups)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the tomato paste, cooked tripe and drained sugar beans to the pot.
3. Mix the SO GOOD POTJIEKOS COOK-IN-SAUCE with the water and pour over the tripe.
4. Bring to the boil and cook for ± 10 - 15 minutes, until the sauce slightly thickens.



BEEF & ROOT VEGETABLE STEW

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
750 g	Beef stewing, cubed
1 L	Water (4 cups)
50 g	SO GOOD POTJIEKOS COOK-IN-SAUCE (5 tbsp)
250 g	Carrots, sliced (2 cups)
250 g	Sweet potatoes, roughly diced (2 cups)
3 g	Parsley, finely chopped (1 tbsp)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the meat and brown slightly.
3. Add 2 cups of the water and cook with the lid on until the meat becomes tender.
4. Mix the SO GOOD POTJIEKOS COOK-IN-SAUCE with the remaining water and add to the meat.
5. Add the carrots and sweet potatoes, cook for ± 15 – 20 minutes. Stir in the parsley.



PORK KNUCKLE & ROAST VEGETABLE POTJIE

30 ml	Oil (2 tbsp)
150 g	Onion, chopped (1 onion)
750 g	Pork knuckles
1 L	Water (4 cups)
50 g	SO GOOD POTJIEKOS COOK-IN-SAUCE (5 tbsp)
500 g	Mixed vegetables (4 cups)
20 g	Roast vegetable sprinkle (2 tbsp)
250 g	Baby potatoes, halved (2 cups)

METHOD

1. Heat oil in a pot. Sauté the onions in the oil until soft.
2. Add the meat and brown slightly.
3. Add 2 cups of the water and cook with the lid on until the meat becomes tender.
4. Place the mixed vegetables into a roasting dish. Sprinkle with the roast vegetable sprinkle and drizzle with a little oil. Roast in the oven for ± 40 minutes at 180 °C.
5. Mix the SO GOOD POTJIEKOS COOK-IN-SAUCE with the remaining water and add to the meat.
6. Add the potatoes, cook for ± 15 – 20 minutes.
7. Add the roasted vegetables to the sauce and mix through.