



It's the last of our last of our "Around The World for £4 or Less" recipes. So we've been to Zambia. This is not quite the recipe we expected, but we couldn't find Crocodile meat locally within budget!

Ingredients:-

300g Polenta

350ml of Stock

100g Margarine

1 large Onion, sliced

1 clove of Garlic, minced

225g cooked minced Beef, mixed vegetables (Other options in the recipe were cubed Chicken, Lentils etc.)

1 tbsp on Flour

A Handful of chopped fresh Coriander

½ tsp dried Basil

Juice of a Lemon

Salt and Pepper

Oil

Method:-

(1) Add the Stock to 350ml of water and bring to the boil.

(2) In a bowl add a little of the Stock at a time to the Polenta and stir or whisk making sure there are no lumps.

(3) Reserve a little of the Stock.

- (4) Return the Polenta to a pan and let it sit to absorb the liquid.
- (5) Prepare and chop the vegetables into bite sized pieces.
- (6) Fry the Onions and Garlic with a little Oil and Margarine.
- (7) Add the meat and fry until browned.
- (8) Add the vegetables and fry until they still have a little bite. We used Potatoes Swede Carrots and Peas.
- (9) Add the remaining Stock, Flour, chopped Coriander, dried Basil, and Lemon Juice.
- (10) Season with Salt & Pepper and simmer gently.
- (11) Grease an oven proof dish and add 2/3 of the Polenta to the bottom and bake for 10 minutes at 180c
- (12) Above this add the vegetable and meat mix.
- (13) Add the remaining Polenta and run a fork on the top into lines.
- (14) Return to the oven and bake for 30 minutes at 180c.

We served ours with a Gluten free Bread crumbed vegetable tray bake.