



#ENVIROFIT SUPERCHEF MODERN TWISTS

WITH **CHEF ALI MANDHRY**
& **ENVIROFIT SUPERSAVER CHARCOAL**
Envirofit.org/SuperChef

Arrowroot with coconut with a modern twist (Serves 4)

Ingredients

- 500 gm arrowroots, peeled and cut into small pieces
- 1 cup thin/light coconut milk
- 1 cup thick/heavy coconut milk
- 1 onion, sliced
- ¼ teaspoon garlic paste
- Juice of 1 lemon
- Salt to taste



Preparation Method

1. Light your **Envirofit SuperSaver Charcoal** jiko using a ½ tin of charcoal.
2. Place the arrowroots in a pan and cover with water. Bring to a gentle simmer until the arrowroots are soft enough for a knife to pierce into them easily.
3. Drain the water and put them back in the pan. Add the thin coconut milk, salt, garlic paste, and the onions. Boil for about 10 minutes on gentle heat until it starts to thicken and the arrowroots pieces soften some more. Adjust seasoning.
4. Once the arrowroots pieces are completely soft and most of the thin coconut milk has evaporated, add the heavy coconut milk and simmer for 5 minutes, stirring every few minutes until the arrowroots are well-coated with the thick coconut sauce. Add a squeeze of lemon juice and remove from heat.
5. Serve hot. Enjoy!