

**10 MIN - MICROWAVE OVEN PHUTU PAP (POETOEPAP ,
%?\$ MIELIE PAP)**

1. 2 X CUPS MAIZE MEAL
2. 2 X CUPS WATER (H₂O)
3. ½ TEASPOON SALT

PROCESS:

- MIX INGREDIENTS INTO LUMPS (QUICK MIX, NOT SMOOTH, DON'T WORK UP A TENNIS ELBOW) .
- MICROWAVE FOR TEN MINUTES ON HIGH WITH LID .
- REMOVE AND STIR WELL WITH FORK .
- MICROWAVE AGAIN FOR 5 MINUTES ON HALF TEMPERATURE AND STIR AGAIN. (ALL IS DONE – EASY, WASN'T IT?)

TAKE THE STUFF NOW AND EAT IT! WITH:

- A) SUGAR AND MILK
- B) MARGARINE AND SUGAR
- C) MEAT GRAVY OF YOUR CHOICE
- D) CHAKALAKA (TOMATO, ONION AND CHILLY MIX – BOUGHT IN A TIN)

NOTE: WHEN INCREASING SERVING ADD 5 MINUTES FOR EVERY CUP OF MEAL AND H₂O .