



Braai and win!

Description

On 24 September South Africans light the braai fires to celebrate Heritage Day. Tell us how you like your braai and you could be a winner!

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- Fire up the braai
 - a. Charcoal
 - b. Wood
- Favourite meat to braai
 - a. Lamb chops
 - b. Chicken
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Veggie alternative

- a. Corn on the cob
- b. Giant mushroom

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Quick lunch on the go?

- a. Boerewors roll
- b. Sosatie

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Take it slow

- a. Potjie
- b. Lamb on the spit

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Favourite relish

- a. Tomato and onion
- b. Chakalaka

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A bit on the side

- a. Pap and sauce
- b. Braaibroodjie

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A sweet indulgence

- a. Malva pudding
- b. Milk tart

Send your answers to afroscenes@afrocentrichealth.com and you could win a R500 Takealot voucher! Competition closes on Friday, 25 October.

Congratulations to our June edition winner!

Patrick Lebeya of Medscheme is the lucky winner of our June edition reader's competition.

Category

1. Fun Stuff