



RECIPE

Fish tikka masala Tacos

INGREDIENTS:
(MAKES 6 MEDIUM TACOS)
For the fish tikka:

- 1 tsp ground cumin
- 1 tsp ground fennel
- 2 tsp smoked paprika
- 2 tsp garam masala
- ½ tsp turmeric
- ¼ - ½ tsp chilli powder (optional)
- 2 cloves garlic, finely grated
- a knob of ginger, finely grated
- finely grated zest and juice of a medium lemon
- ½ cup plain yoghurt
- salt & pepper
- 600g firm white fish, cubed
- 15ml vegetable oil, for frying



For assembling the taco:

- 1 cup plain yoghurt
- a generous handful fresh dill, finely chopped
- 6 medium-size soft flour tortillas
- about 2 cups sliced tomato
- 1 small red onion, finely sliced
- a handful fresh coriander leaves, roughly chopped

METHOD:

Prepare the fish tikka: Add the cumin, fennel, paprika, masala, turmeric, chilli (optional), garlic, ginger, lemon zest and juice and yoghurt to a ceramic or plastic bowl, season with salt and pepper and mix well. Add the cubed fish and mix to coat all over. Cover and refrigerate for 1-3 hours to marinate.

Heat a wide large pan over high heat, add the oil, then add the fish with marinade to the pan. Stir while frying for about 5 minutes, until the fish is cooked and the marinade reduces to a thick coating. Remove from the heat and set aside. Mix the yoghurt and dill in a small mixing bowl.

Assemble the tacos: Top each taco with a dollop of dill yoghurt, fish tikka, sliced tomato, red onion and fresh coriander. Serve at once, with a glass of Spier Signature Chenin Blanc.

I SPIER



THE City launched its Festive Season Safety Plan during an integrated road safety event in Bloubaerg yesterday. Officials said vehicle checkpoints will be commonplace on major routes to beaches, with officers clamping down on alcohol-use and anti-social behaviour in public spaces. | LEON LESTRADE Independent Newspapers.

METRO

City launches Festive Season Safety Plan

STAFF WRITER

THE City will be deploying a record festive tourism safety operation of over 5 000 personnel across the metro ahead of the expected summer tourism boom in the Mother City.

More than 600 lifeguards will be deployed to beaches and public swimming pools.

The City's festive season safety plan was launched during a road safety operation along Table View beachfront yesterday.

"The City is ready and excited to welcome tens of thousands of visitors for a record-breaking festive season this year. Our extensive Festive Season Safety Plan aims to ensure that everyone has a safe, enjoyable time in the Mother City. Tourism supports tens of thousands of local jobs, and it is our top priority to ensure people have a marvelous time visiting Cape Town's world-beating attractions," Mayor Geordin Hill-Lewis said. This year the City's personnel will

be bolstered by metro police trainee participants in the Project 1000 learnership programme, together with over 4 000 uniformed enforcement and emergency personnel available in shifts as part of the City's largest ever safety deployment over a festive season.

"The public can expect high-visibility policing at tourism hotspots across the City, from the trails of Table Mountain to beaches, roads, shopping precincts and our main business districts.

"As part of our major safety technology investment, our safety operations will integrate cutting-edge camera tech including automatic number plate recognition, smart dashcam systems, bodycams on officers, drones patrolling the mountain and beaches, and Africa's largest CCTV network," said Hill-Lewis.

A Metropole Integrated Joint Operational Centre (JOC) will coordinate city-wide operations from the Traffic Management Centre (TMC) in Good-

wood, linking into four Area JOCs in different parts of the City, integrated beach JOCs, and the SAPS Command Centre.

The City said vehicle checkpoints will be commonplace on major routes to beaches, with officers clamping down on alcohol-use and anti-social behaviour in public spaces.

Law Enforcement, Fire and Rescue Service, and Disaster Risk Management volunteers will be on hand to assist with public safety and awareness.

"I appreciate that people will want to let their hair down, but I encourage them to do so responsibly and be part of the solution and not the problem.

"Alcohol misuse remains one of our biggest challenges, particularly on our roads and in our recreational spaces. It bears repeating that the City's by-laws are very clear on the issue and our staff will not hesitate to act," said safety and security mayco member JP Smith.

Major cleaning efforts are also under way as part of the City's 'Spring Clean Cape Town' campaign to prepare for the festive season.

The City said holiday-makers can expect a top-up cleaning service targeting all beaches, scenic routes and central business districts.

HEALTH

Diabetes: the role of plant-based foods

VHUSHAVHELO NEDZINGAHE, NOMAKHUSHE NXUSANI AND XIKOMBISO MBHENYANE

WORLD DIABETES Day is observed globally on November 14 and the 2024-2026 theme "Diabetes and well-being" resonates greatly with how plant-based and indigenous foods can in fact contribute to the management of the condition.

Diabetes is a non-communicable disease (NCD) that affects how the body turns food into energy. There are two types of diabetes: type 1 is when the body doesn't produce insulin at all, and type 2 occurs when the body cannot effectively utilise the insulin it produces. This causes an increase in blood sugar, commonly referred to as glucose in the blood stream. The repercussions of this increase over time include health complications such as heart disease, stroke, kidney problems, and vision loss to name a few. We should also not forget that one of the most significant challenges faced currently is the alarmingly high rate of obesity, a key risk factor for type 2 diabetes.

An astonishing 537 million adults are living with diabetes worldwide – a 16% increase from 2019, according to the International Diabetes Federation. In South Africa, 4.2 million adults (1 in 9 adults) are living with diabetes. It is estimated that by 2025, 7.4 million South Africans may have diabetes if the status quo continues. Of great concern is that 45% of the 4.2 million people are undiagnosed. Against this backdrop, diabetes is the second leading cause of death in the country as it accounted for 6.6% of all deaths in 2020, according to Stats SA.

The rising prevalence of diabetes over the last decade is partly due to significant diet changes, including reduced consumption of indigenous vegetables, fruits, and legumes, coupled with an increased consumption of animal-based foods such as red meat and ultra-processed products such as white bread and carbonated drinks, which are high in energy but low in nutrients.

Bridget McNulty – founder of South Africa's largest online diabetes community Sweet Life – during an interview with Expresso reiterated the importance of eating healthy by consuming high fibre, whole foods which constitute a plant-based diet. These foods include fresh fruits, vegetables, low glycaemic index (A measure of how quickly food can raise our blood sugar levels after we eat them) foods to avoid the blood sugar spikes. She stated that junk foods and foods high in added sugar and salt should be avoided.

It is important that we dispel misconceptions about diabetes, such as solely attributing it to excessive sugar consumption.

High consumption of ultra-processed foods, hereditary and sedentary lifestyle contribute significantly to diabetes risk.

In response to South Africa's diabetes epidemic, the national Department of Health adopted the National Strategic Plan for the Prevention and Control of Non-Communicable Diseases 2022-2027, which proposes the 90-60-50 approach – 90% of people over 18 should know whether they

have hypertension and/or raised blood glucose levels; 60% of people with raised blood pressure or blood glucose levels should receive intervention; and 50% of people receiving interventions for diabetes should be monitored. This approach aims to improve early detection and treatment of diabetes and other NCDs. Secondly, the National Development Plan aims to significantly reduce the prevalence of NCDs by 2030 by raising awareness on healthy food choices.

According to a recent study published in the South African Journal of Clinical Nutrition, following a 21-day lifestyle intervention that involved adopting a whole-food, plant-based diet, participants reported health benefits such as an improvement in glycaemic control, weight loss and improved energy levels.

Nutritionally, plant-based and indigenous foods are low in saturated fats and cholesterol, while high in fibre known to fill you for longer, which decreases the likelihood of experiencing cravings and overeating and helps slow down blood sugar spikes. A 2013 study in the African Journal of Indigenous Knowledge Systems reported that some of these indigenous foods have been chemically analysed and contain active compounds that have anti-proliferative, anti-inflammatory and antioxidant properties as well as bioactive compounds, which offers protection against NCDs.

Plant-based foods have gained popularity for their health and environmental benefits. These foods come mainly from plant sources, including fruits, vegetables, nuts, seeds, oils, whole grains, legumes and beans. This approach focuses more on prioritising plant-based foods more frequently in your diet.

The consumption of plant-based and indigenous foods has been linked with lowering the risk of NCDs such as diabetes, on top of being more sustainable.

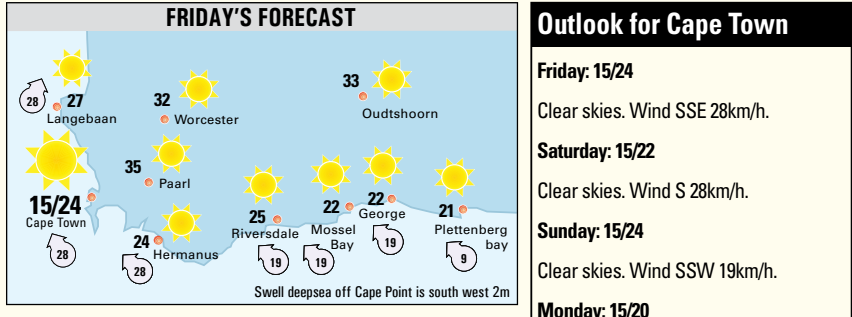
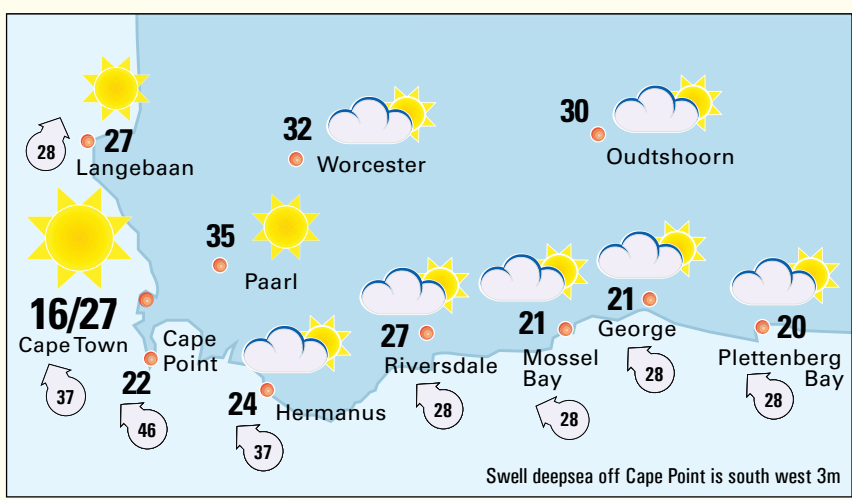
A study conducted in Limpopo has shown that the consumption of indigenous foods such as Amaranthus (African spinach), Bidens Pilosa (Cobblers Pegs), Cowpeas and Momordica balsamina (African pumpkin) can help to prevent and manage diabetes. These are vegetables that can be included in diets as herbs or cooked in stews when in season.

The 2019 EAT-Lancet Commission Report on Food, Planet, Health asserts that the adoption of plant-based foods will also assist in addressing global issues like climate change, biodiversity loss, and food security by encouraging sustainable food production and consumption practices.

World Diabetes Day is a reminder that to effectively address diabetes isn't exclusively about medical treatments; it's more about fostering healthier and sustainable food environments and adopting lifestyle changes that promote overall health and well-being.

**Nedzingahe and Nxusani are doctoral students in Nutritional Sciences at Stellenbosch University (SU). Mbhenyane is Professor and Research Chair in Food Environment, Nutrition and Health in the Division of Human Nutrition at SU.*

WEATHER OUTLOOK



National Min/Max temps			
Bloemfontein	12/27	Mahikeng	15/26
Durban	17/21	Mbombela	16/23
East London	14/26	Musina	17/27
Gebehera	13/26	Polokwane	16/24
Johannesburg	14/22	Pietermaritzburg	11/16
Kimberley	18/31	Potchefstroom	14/25
Pretoria	16/24	Richards Bay	17/22
Uptington	15/26	Vereeniging	13/24
Vryburg	17/28		

International Min/Max temps			
Atlanta	8/14	London	6/11
Buenos Aires	21/28	Los Angeles	8/26
Frankfurt	6/9	Mecca	23/36
Hong Kong	24/28	Nairobi	16/25
Jerusalem	11/22	New Delhi	17/30
New York	5/11	Paris	7/12
Perth	16/29	Rio de Janeiro	21/23
Rome	4/15		

Storage levels 11th November 2023-2024			
	Capacity-Ml	2023	2024
Berg River Dam	130 010	99.6%	99.8%
Steenbras Lower	35 517	91.7%	93.3%
Steenbras Upper	31 787	97.0%	96.1%
Theewaterskloof	480 188	98.5%	99.4%
Voelvlei	164 095	97.1%	101.7%
Wemmershoek	58 844	100.0%	99.1%
Total Storage	898 221	98.2%	99.5%

Yesterday's Reading			
	Noon	6pm	
Barometer:	n/a	n/a	n/a
Humidity:	n/a	n/a	n/a
Temp:	n/a	n/a	n/a

At Cape Town International Airport:	
Min:	Max:
n/a	n/a
Wind at 6pm: n/a	

Outlook for Cape Town	
Friday: 15/24	Clear skies. Wind SSE 28km/h.
Saturday: 15/22	Clear skies. Wind S 28km/h.
Sunday: 15/24	Clear skies. Wind SSW 19km/h.
Monday: 15/20	Cloudy. Wind SSW 19km/h.

Outlook for George	
Friday: 12/22	Clear skies. Wind SE 19km/h.
Saturday: 13/22	Partly cloudy. Wind S 19km/h.
Sunday: 13/24	Clear skies. Wind SE 19km/h.
Monday: 14/22	Cloudy. Wind SSW 19km/h.

Tides Table Bay	
Today	High: 01:48 & 13:58
	Low: 07:52 & 20:23
Tomorrow	High: 02:29 & 14:41
	Low: 08:33 & 21:01
	Sunrise: 05:34
	Sunset: 19:27
	Moonrise: 18:04
	Moonset: 04:15

Moon Phases	
Full Moon	Nov 15
Last Quarter	Nov 23
New Moon	Dec 1
First Quarter	Dec 8

UV Levels	Extreme
Best time to Fish 10:09 - 12:09	
22:47 - 00:47	

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AVIATION

State might take stake Flysafair to recover repatriated funds – analyst

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THE options for the recovery of funds lost in the contravention of foreign shareholding in the country by FlySafair Airline would have to include either the State, through amendments, taking over the low-cost carrier, the South African Revenue Services (SARS) calculating the amount of tax lost and the South African Reserve Bank (SARB) invoking legislation of money transfers on the matter, analysts have said.

This is as FlySafair has launched an interdict against the International Air Licensing Council (IASLC) possible sanctions expected to be announced later this month.

The IASLC found FlySafair to be in contravention of foreign ownership restrictions through a 74.86% effective shareholding by Irish firm ASL Aviation Group.

"Safair's company structure comprises 49.86% shareholding by the Safair Investment Trust, which is one of three shareholders of Safair, which is eventually 100% owned by ASL Aviation Holdings," according to company records. "This is additional to the 25% shareholding that is also eventually owned by ASL Aviation Holdings, making the total shareholding of Safair by ASL to 74.86%; ASL effectively holds 74.86% in Safair through Safair Investment Holdings."

Asked of the options if FlySafair was grounded, independent aviation

analyst Pthuthego Mojapele yesterday said the State would have to consider taking over the 74% stake in the airline over a five-year period to recover what it has lost through the repatriated profits made in the country as the local partners of the airline would not have the capacity to redeem the loss.

"Money went out of the country to Ireland. So several things will have to be considered including bringing in the SA Reserve Bank to invoke legislation on the money transfers and even SARS to calculate how much has been repatriated," Mojapele said.

"The thing is that in the AOC (Airlines Operator Certificate) declarations, there were obviously declarations made through the Commissioner of Oaths and the courts that have not been found to be untrue.

"It is all in the government's hand and what options until Safair can regularise themselves." Meanwhile, IASLC chairperson Nomveliso Ntanjana said the council had not yet been asked to file responses to the interdict and would still go ahead to make its decision later this month.

"The court ruling on the interdict can only have an impact if an order or ruling is made. The interdict process through court leaves a couple of days before the Council makes its ruling, so we will see what happens," Ntanjana said. The recent decision pertains only to FlySafair's international routes and does not affect domestic flights, which are regulated under a different licence.

However, another challenge is pending before the domestic Air Services Licensing Council (ASLC), which regulates the licensing of domestic air services.

In a statement, FlySafair disclosed that competitors have raised objections to its interdict, acknowledging that these positions may reflect business interests. It urged all parties to consider the potential impact on travellers should FlySafair not be allowed to operate its international routes, warning that limiting this could lead to higher fares and disrupt travel plans, especially with increased demand during the upcoming summer holiday period. Mojapele said if FlySafair is grounded, it would likely throw 60% of the international aviation business up in the air for competitors, particularly over the looming festive season.

"I think competitors want to have the Council decision made as soon as possible so they can adjust their plans, particularly for the festive season," Mojapele said. "If that decision is made, yes there would be price increases but it is not as bad as it was when Comair and Mango disappeared from the skies." He also pointed out that disruption had to be managed for the aviation industry and tourism market.

FlySafair has said it was engaging with the relevant authorities to mitigate any negative impact on travellers and has backup plans if needed.

1 BUSINESS REPORT