

Coconut Oil Veggie Sauce

Ingredients

- tbsp Coconut Oil
- Onions, raw
- Poivron rouge
- Tomatoes, red, ripe, raw, year round average
- Cloves Garlic, raw
- tsp Ginger
- MAGGI Star Seasoning (100x4g)
- Medium Fish, cisco, smoked
- bunches Spinach, raw
- cups pumpkin (peeled and cut into chunks)

Instruction

1. Cut the tomatoes, red bell pepper and 1 onion into chunks, then add the garlic, ginger and then blend all roughly. Set aside
2. Finely chop the remaining 2 onions. Heat the coconut oil in the pan and fry the chopped onion. Add the blended vegetables and MAGGI Star. Stir and bring to boil for 20 minutes. Add shredded smoked fish when sauce thickens, stir and bring to simmer a while.
3. Dilute the pumpkin powder in a few water and pour it into stew. Stir and simmer for 10 minutes. Add the fine shredded leaves (spinach or kontomere) and stir for 3 minutes.

Nutrition

Carbohydrates	17,71 g
Energy	409,3 kcal
Total fat	31,45 g
Fiber	6,56 g
Protein	20,78 g
Saturated Fats	10,03 g
Sodium	863,28 mg
Sugars	6,1 g

45 Minutes

6 Portions