

Palava Sauce

Ingredients

- tbsp Oil, palm
- Onions, raw
- Tomatoes, red, ripe, raw, year round average
- Garlic, raw
- lb Ginger root, raw
- Peppers, hot chili, red, raw
- MAGGI Crayfish Tablette Fort 24 (60x10g) SP NG
- g Fish, cisco, smoked
- kilogram Spinach
- g Pumpkin (melon) seeds

Instruction

1. Cut the tomatoes, 1 onion into chunks, then place them into a blender. Add the garlic, ginger and fresh pepper, and then blend all roughly. Set aside
2. - Finely chop the remaining 2 onions. Heat the palm oil in the pan and fry the chopped onion. - Add the blended vegetables and MAGGI Dedeede. Stir and bring to boil for 20 minutes. Just as water begins to dry up. - Add shredded smoked fish. Stir and bring to simmer a while.
3. - Add the fine shredded leaves (spinach or kontomere) and stir for 3 minutes. - Dilute the pumpkin powder in water and pour it into the stew. Stir and simmer for 10 minutes.

Nutrition

Carbohydrates	47,09 g
Energy	497,74 kcal
Total fat	29,53 g
Fiber	11,13 g
Protein	21,75 g
Saturated Fats	7,52 g
Sodium	299,01 mg
Sugars	8,68 g

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