

Fankaso with assorted meat Sauce

Ingredients

- cups Wheat flour, whole-grain
- tbsp Beans, kidney, all types, mature seeds, cooked, boiled, without salt
- 1/2 1/2 tsp Salt, table
- tbsp Leavening agents, yeast, baker's, compressed
- tbsp Sugars, powdered
- tbsp Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)
- tbsp Oil, palm
- large Onions, raw
- Mediums Poivron rouge
- large Tomatoes, red, ripe, raw, year round average
- pieces Peppers, hot chili, red, raw
- bunch Onions, spring or scallions (includes tops and bulb), raw
- g Turkey, dark meat, meat and skin, raw
- tsp Ginger root, raw
- tsp Garlic, raw
- Ball Cabbage, raw
- mg Beverages, water, tap, well
- g MAGGI Mixpy Classic 65(10x6g) NI NG
- g MAGGI Star Seasoning (100x4g)

Instruction

1. Mix all ingredients together in a bowl.
2. Mix and kneed to a dough and set aside and allow to rest.
3. Cut and mold to shape and deep fry.
4. In a pot add palm oil and allow to heat
5. Add onions, pepper, ginger, garlic, spring onions and stir fry.
6. Add assorted meat, MAGGI and stir. Allow to cook
7. Add cabbage, water and allow to simmer
8. Serve alongside the fankaso.

Nutrition

Carbohydrates	72,65 g
Energy	587,41 kcal
Total fat	25,66 g
Fiber	12,03 g
Protein	22,97 g
Saturated Fats	6,83 g
Sodium	874,89 mg
Sugars	9,56 g

95 Minutes