

# Mangai

Recipe kindly contributed by Dr Annia Matikiti (University of Zimbabwe)

Mangai is a traditional Zimbabwean dish, and it is basically a mixture of grains and nuts. There are several versions of Mangai, and it depends on the availability of ingredients you have at hand. Cowpea, Bambara nuts, groundnuts and dried beans can also be added in the preparation. Mangai can be eaten with or without meat and can be taken with or without tea or coffee during breakfast, lunch, or supper.



## Ingredients:

- 1 Cup ground maize (soaked overnight, then drained)
- 1 Cup cowpea (soaked overnight, then drained)
- 100g Carrots, chopped into small cubes.
- 40g Potatoes, chopped into small cubes.
- 2 Medium tomatoes, chopped.
- 1 Onion, chopped
- 3 Garlic cloves, chopped.
- 20g Royco Usavi Mix
- 3 tbsp cooking oil
- 1 tsp Salt
- Pinch of Paprika

## Method:

- 1) Soak all the grains separately overnight until they are tender and boil them for 40 mins.
- 2) Heat 3 tbsp cooking oil in a large saucepan and fry onions and garlic until tender, stirring occasionally to avoid burning.
- 3) Add chopped tomatoes and cook for a few mins.
- 4) Add Royco Usavi mix, paprika, cubed carrots and potatoes and bring to the boil.
- 5) Add the boiled maize and cowpea into a large saucepan and stir with a wooden spoon until well mixed.
- 6) Reduce heat and simmer for 15 mins.
- 7) Serve with meat and salad of your choice.

**Preparation:** 10-15 mins

**Cooking:** 40 mins

**Serves:** 4 people

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **236**

% Daily Value\*

**Total Fat** 11.1g **14%**

Saturated Fat 1.7g **8%**

**Cholesterol** 0mg **0%**

**Sodium** 786mg **34%**

**Total Carbohydrate** 29.1g **11%**

Dietary Fiber 5.2g **18%**

Total Sugars 5.6g

**Protein** 6.5g

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 1mg **7%**

Potassium 535mg **11%**

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.