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

<table>
<thead>
<tr>
<th>Preparation time: 10 minutes</th>
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<td>Cooking time: 10 minutes</td>
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<td>Serves: 2 people</td>
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**Ingredients:**

- 250g Cowpea (1 cup), soaked overnight and boiled.
- 2 Ripe Plantain bananas (unripe can be used but needs to be boiled for 20 minutes).
- 2 teaspoons cooking oil.
- 1 medium onion finely chopped.
- 1 cup tomatoes chopped.
- 3 cloves garlic.
- Salt and pepper.
- 1 sprig rosemary finely chopped.
- 1 tablespoon Worcestershire sauce.
- ¼ teaspoon paprika.
- 1 green, red or yellow pepper chopped.

**Method:**

1. Fry onions and garlic in oil until tender in a saucepan.
2. Add the tomatoes, rosemary, paprika, salt and pepper.
3. Cook for about 5 minutes then add the boiled cowpea.
4. Add the Worcestershire sauce and simmer for 10 minutes.
5. Cut your plantain into small slices and fry them in a large saucepan until soft and tender. Serve them with your cooked cowpea on the side or mix the plantain and the cooked cowpea.