

Cowpea plantain

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



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.

Preparation time: 10 minutes

Cooking time: 10 minutes

Serves: 2 people

Nutrition Facts

Servings: 2

Amount per serving

Calories **440**

% Daily Value*

Total Fat 6.1g **8%**

Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 470mg **20%**

Total Carbohydrate 91.9g **33%**

Dietary Fiber 8.8g **31%**

Total Sugars 5.4g

Protein 11g

Vitamin D 0mcg **0%**

Calcium 104mg **8%**

Iron 3mg **18%**

Potassium 529mg **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.