

Cowpea Stuffed Pumpkin Flowers.

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



Preparation time: 10 mins
Cooking time: 10 mins
Serves: 2 people

Nutrition Facts

Servings: 2

Amount per serving

Calories	381
	% Daily Value*
Total Fat 21.7g	28%
Saturated Fat 2.9g	14%
Cholesterol 0mg	0%
Sodium 1374mg	60%
Total Carbohydrate 39.2g	14%
Dietary Fiber 9.1g	33%
Total Sugars 8.1g	
Protein 8.2g	
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 2mg	12%
Potassium 674mg	14%

*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.

Ingredients:

- 5 Pumpkin flowers
- 250g Boiled cowpea
- 3 tablespoon oil
- 1 large onion, sliced.
- 2 ripe tomatoes, chopped.
- 30g Royco Usavi or Knorr
- 2 teaspoons paprika

Method:

1. Wash the pumpkin flowers and par boil.
2. Fry the onion in a large saucepan and add tomatoes and then the boiled cowpea, add in Royco Usavi and some paprika and combine the ingredients thoroughly.
3. Stuff the pumpkin flowers with the cooked cowpea. Serve for breakfast, lunch, or supper.