Cowpea Stuffed Pumpkin Flowers

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

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.