

# 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.

**Preparation time:** 10 mins

**Cooking time:** 10 mins

**Serves:** 2 people

## Nutrition Facts

Servings: 2

Amount per serving

<b>Calories</b>	<b>381</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 21.7g	<b>28%</b>
Saturated Fat 2.9g	<b>14%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1374mg	<b>60%</b>
<b>Total Carbohydrate</b> 39.2g	<b>14%</b>
Dietary Fiber 9.1g	<b>33%</b>
Total Sugars 8.1g	
<b>Protein</b> 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.