



# ginger and spring onion njahi stew

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This recipe plays up the ingredients used in the traditional njahi recipe. With coconut milk and spring onion, this is one meal you won't get enough of.

## Ingredients

200ml of coconut milk

2 tablespoons of whole cumin seeds

3 tomatoes, diced

1 red onion, finely diced

Spring onion, finely diced

150 Grams of Njahi seeds

1 green bell pepper, finely diced

5 cloves of garlic + thumb sized size of fresh ginger root, minced

2 tablespoons of royco all spice mix (or your choice of all spice mix)



2 tablespoons of tomato paste  
Salt and pepper for seasoning

Fresh coriander for garnishing, finely chopped

## Method

These njahi beans take a long time to boil. To shorten this time, soak them in plenty of water overnight. This will allow them to absorb the water and soften them a great deal. They will swell and turn dark brown. After that time has lapsed, drain the water, give them a good rinse and place them in your sufuria with fresh water ready for boiling.

To this add your whole cumin seeds which will boil with the njahi. Boiling these together will give the njahi their own flavor even without adding any spice.

After the beans are 3/4 done, add some water and the coconut milk. After they are done, take them from the heat and proceed with the stew preparation.

Put some vegetable oil in a sufuria and heat it up. Add your red onion, the green onion, and the ginger garlic paste. To this add some salt and black pepper for seasoning. Let this sauté until the onions are soft.

Add your diced tomatoes and let them simmer on low heat until they soften. Then add your tomato paste and 1/4 cup of water and let this simmer for 3-5 minutes. After they have simmered, add the boiled njahi and mix them in. Mix your royco all spice mix into a paste with some water, and mix this in. Let this simmer for about 5-10 minutes. Add your finely chopped coriander, mix in then serve.



SERVE WITH: rice, chapati or your preferred starch.

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/ginger-spring-onion-njahi-stew/>