



garlic paprika liver

The recipe for this garlic paprika liver was borne out of the many food conversations I have with my eldest sister Cheredi. I hope you like it just as much.

Ingredients

1/2 a kg of liver	1 tablespoon of paprika
1 large red onion finely chopped	1/2 a tablespoon of black pepper
8 cloves of garlic, minced	salt to taste
1 tomato, minced	vegetable oil for frying
1 tablespoon of tomato paste	

Method

In a pan, add your finely chopped green bell pepper, red onion and minced garlic and allow to cook until softened. This will take 3-5 minutes.

Add your tomatoes, tomato paste and your spices together with 1.4 cup of hot water. Let this cook down for about 5 minutes.

After all the flavors have completely gelled, add your skinned and diced liver and let this cook on medium high heat for about 10minutes. Once it is cooked through, add your finely chopped coriander and serve.



SERVE WITH: rice/chapatti/ugali along with some veggies of your choice
