



Healthy, tasty and absolutely unforgettable matumbo ever! You will need to eat 7 plates of this chilli and garlic matumbo before you have enough for the day.

Ingredients

5 cloves of garlic

Fresh coriander, finely chopped

1/2 kg of boiled tripe

1 1/2 tablespoon of royco all spice mix

4 tomatoes, roughly chopped

1 large red onion, diced

Method

{REFER TO BLOG POST FOR THE VERY IMPORTANT BOILING AND CLEANING METHOD}

Pound your garlic cloves in a kinu into a paste. Dice your onions and put these two in a sufuria with some heated oil. Add some salt and let these saute until they are soft. Add your tomatoes and let this simmer for about 5 minutes until they are all soft too.

Then add your chilli infused boiled matumbo and mix it in. Let them simmer for about 2 minutes then add your royco all spice mix. Mix this all up. Add 1/4 cup of water and cover this with a lid and let it simmer for about 3-4 minutes.

Add your finely chopped coriander and mix it in then serve immediately.



SERVE WITH: hot ugali, sadza, creamed veggies or with everything :D #nomnomnom

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chilli-garlic-matumbo/>