



chili oregano kamande

One of my top four favorite cereal, kamande gets the #K treatment today! My chili oregano kamande will take you to the moon and back! <3



Ingredients

1 cup of Kamande	1 red onion, diced
1/2 a teaspoon of chili flakes	2 tomatoes, grated
1 teaspoon of garam masala	1 tablespoon of tomato paste
1/2 a teaspoon of dried oregano	Salt to taste
1 teaspoon of black pepper	Vegetable oil for frying
5 cloves of garlic	

Method

In a container, place your kamande to soak overnight. Once done. Allow them to boil until softened then set aside.

In a sufuria, add your diced onion with the minced garlic and allow this to cook until softened and fragrant. Then, add the tomatoes and tomato paste and let this simmer for about 3 minutes. Then add the spices and let everything simmer for about 7 minutes so that the spices cook down. Thereafter, add your pre-cooked kamande and mix them in. Allow them to simmer on low heat for about 10-15 minutes for the mchuzi to thicken then serve.



SERVE WITH: with your fave starch and veggies you like best <3

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/chili-oregano-kamande/>