



cumin & garlic NDENGU

A bad cooking experience was indeed a blessing in disguise as it resulted in this amazing cumin and garlic ndengu that you will also fall inlove with!



Ingredients

2 cups of ndengu (mung beans)	1 tablespoon of tomato paste
1 1/2 tablespoon of cumin	1 tablespoon of royco
5 cloves of garlic	1 tablespoon of black pepper
1 red onion, finely chopped	1/2 a tablespoon of turmeric
1/2 a cup of finely chopped coriander stems (leaves for garnish)	1 teaspoon of chili flakes (optional)
1 yellow hoho, chopped	2 carrots, finely chopped
2 tomatoes, blended	Salt to taste
	Vegetable oil for frying

Method

First thing, put your ndengu to boil together with 4 cloves of minced garlic and the tablespoon of whole cumin seeds. Once done, drain any excess water and set aside.

In the same sufuria, add the remaining cumin seeds to the oil and once they start to sizzle, add the red onion, the bell pepper and the coriander stems. Once softened and fragrant, add the tomatoes, followed by the spices and then the tomato paste. Add 1/4 cup of hot water and mix it all together so that the spices cook down and the sauce gains some body.

Add the carrots and few minutes after add the cooked, flavor infused ndengu and gently mix them in until combined. Add some water and turn the heat to low and let this simmer for about 15 minutes so that it all thickens. Once done, garnish with fresh dania leaves and serve.



SERVE WITH: rice or chaparri

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