

turmeric & coconut milk ndengu



I have been dyyyyiiiiiiiing to share my turmeric and coconut milk ndengu recipe with you guys, and the day is finally here and you are gonna love it!! ;)



Ingredients

1 cup on amana ndengu	2 tablespoons of tomato paste
4 cloves of garlic, roughly chopped	1 and ½ cups of coconut milk
1 teaspoon of whole cumin	2 carrots, cubes
1 red onion, chopped	½ a teaspoon of black pepper
½ green hoho, cubed	1 teaspoon of garam masala
3 cloves of garlic, minced	1 teaspoon of turmeric
1 tomato, minced	Dania leaves for garnish

Method

First thing is to ensure the ndengu are pre-cooked. Boil the ndengu with the whole cumin and the roughly chopped garlic then once done, set aside.

To your sufuria that has some salt and water, add the onion, pepper and minced garlic. Sautee until everything is softened and fragrant. Add the tomato and tomato paste, followed by the spices. Add some hot water/ stock to facilitate the cooking of the spices, then add the pre-cooked Amana Ndengu.

Add the carrots, then pour in the coconut milk. Allow everything to simmer for about 20 - 25 minutes, garnish with some fresh dania (coriander) then serve!



SERVE WITH: rice or chapati

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

Video: <https://youtu.be/vBd92HEtb2M>