



thyme & tandoori masala matoke

Seeing that I had matoke from my guku, I had to whip up something tasty and that meant a new recipe: my thyme and tandoori masala matoke



Ingredients

4 matoke, sliced

1/4 teaspoon of pepper

1 red onion cubes

1/4 teaspoon of dried thyme

Dania, stems + leaves

Salt to taste

1 tomato, grated

Vegetable oil for frying

1 tablespoon of tandoori masala

Method

Peel and slice your matoke. Place them in a bowl with water to prevent oxidation then proceed with the cooking.

In your sufuria, add some oil and salt. Sautee the onion and the dania stems until fragrant.

Add the tomatoes, followed by the spices, a teaspoon of tomato paste and then let this simmer for about 10 minutes on low heat then add the matoke you earlier on peeled

Let this simmer for about 15 minutes, and once done, garnish with the fresh dania leaves and serve.



SERVE WITH: a meaty side of choice or on it's own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/thyme-tandoori-masala-matoke/>

Video: <https://youtu.be/ye5fW5RqWnY>