



Definitely one of the most beloved kienyeji mbogas and not only is tsisagaa/saget/chinsagaa super delicious but it is also very nutritious too!



## Ingredients

|                             |                        |
|-----------------------------|------------------------|
| 1 bunch of sagaa            | 1 onion                |
| 1 bunch of kanzira          | 1 tomato               |
| 250g of cream               | Ghee to cook           |
| 50 g of coconut cream       | Salt & Pepper to taste |
| 1 teaspoon of minced garlic |                        |

## Method

Pluck your sagaa and roughly chop the kanzira. Proceed to blanch then in a sufuria with hot water and a splash of munyu musherekha (optional but recommended).

In another sufuria, melt in your ghee and some salt and pepper. Add in the onion and garlic and sautee until softened and fragrant. Add the tomatoes and cook until they are softened and disintegrated. Add in the blanched vegetables, followed by the two creams and mix in. Allow this to simmer for 2-5 minutes then serve



**SERVE WITH:** some hot ugali and mayai or a meat of your liking!

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This recipe was brought to you by Kaluhi's Kitchen blog from: <https://www.kaluhiskitchen.com/garlic-coconut-cream-tsisagaa-chinsaga-saget/>

Youtube Video : <https://youtu.be/ag-689rLTJc>