

## **VEGETARIAN STEW**

Serves 4

### **INGREDIENTS:**

*1/3 cup Olive oil  
2 Aubergines (round slices)  
1 large onion (sliced)  
1 small can tomato paste  
1 tin tomatoe cubes (4 fresh)  
2 cubes maggi/knor  
1/2 teaspoon each: Thyme, chilli powder, fresh ginger*

### **DIRECTIONS:**

- 1. Fry Aubergines (you can marinate with salt, pepPer, rice flour before frying) at high heat and put them on the side.*
- 2. Place a pot with a tight fitting lead on medium heat, add in the oil. Heat up the oil, add in the chopped onions and bay leave. Stir-fry until onion is translucent and fragrant.*
- 3. Add in the tomato paste , cover and leave to fry for 3-5 minutes, stir occasionally. Add tommatoe cubes in the maggi, thyme, chilli powder, ginger and salt. Combine.*
- 4. Reduce the heat to minimum and Leave to cook (on low-medium heat) for 25 minutes.*
- 5. Add the fried Aubergines and serve straight away with a garnish of parsley, corriander and jollof rice.*

**BEEF STEW**

Serves 4

**INGREDIENTS:**

*1/3 cup Olive oil  
1 large onion (sliced)  
Chopped Meat of your choice  
1 small can tomato paste  
1 tin tomatoe cubes (4 fresh)  
2 cubes maggi/knor  
1/2 teaspoon each: Thyme, chilli powder, fresh ginger  
Salt – to taste  
2 bay leaves*

**DIRECTIONS:**

- 1. Place a pot with a tight fitting lid on medium heat, add in the oil. Heat up the oil, add in the chopped onions and bay leave. Stir-fry until onion is translucent and fragrant.*
- 2. Add the meat and cook until golden brown.*
- 3. Add the tomato paste, cover and leave to fry for 3-5 minutes, stir occasionally. Add tomato cubes in the maggi, thyme, chilli powder, ginger and salt. Combine.*
- 4. Reduce the heat to minimum and leave to cook (on low-medium heat) for 25 minutes.*
- 5. Garnish with fresh coriander or parsley and serve with jollof rice.*