



Chef Ali Mandhry

Ingredients:

2 medium onions chopped
1tsp cayenne pepper
1 tbsp ginger
3 cloves garlic
3 tbsp tomato paste
2 tbsp butter
1 tbsp ground coriander
Fresh coriander
1 cups Njahi (black beans) - Boiled
1 cup red kidney beans - Boiled
1 cup thin coconut milk
1/2 cup coconut cream

Preparation time: 10 min

Cooking time: 30 min

Serves: 4- 6 people

Swahili red kidney beans & Black beans in coconut

This is a delicious Swahili staple recipe using beans and coconut, usually red kidney beans and rose coco beans are used for this recipe but I decided to add in black beans in the mix to make the dish more delicious these black beans are known as Njahi they are also very popular, readily available and loved in Kenya.

Method:

Swahili red kidney beans & Black beans in coconut

- 1 Soak the beans overnight and then boil the beans until soft (you can boil a big batch and freeze for future use)
- 2 Heat butter in a medium pan, Add onion, ginger and garlic. Fry until soft & lightly browned.
- 3 Stir in tomato paste, coriander powder, cayenne pepper and fresh coriander.
- 4 Cook for 1 minute stirring to combine.
- 5 Add the beans, then gradually add the coconut milk. Bring to a boil then reduce heat to simmer gently until cooked.
- 6 Pour some extra coconut cream on top to serve garnish with green chillies and a side of sliced tomatoes (optional)
- 7 Serve hot or at room temperature.