

AKRANTIE NKWAN

Ingredients

- 500 g Beef, New Zealand, imported, manufacturing beef, raw
- 2 Mediums Fresh Tomatoes
- 2 Mediums Garden Egg
- Fresh Pepper
- 1 Medium Onion (Chopped)
- 2 tbsp tomato puree
- 2 tbsp Ginger (Chopped)
- 2 tbsp Garlic (Chopped)
- 1/2 1/2 Onion (Chopped)
- 2 Tablets MAGGI D&D&D&D&
- 6 grains of Selim (hwentia)

Instruction

1. Pour grasscutter into a saucepan over medium heat, add the ginger and garlic paste. Add MAGGI d3d3d3 tablet, diced onion, salt, water, stir and let cook for 15 minutes.
2. Add tomatoes, onion, red chilli, garden eggs, stir and let cook until it's soft and tender. Take out and blend into a smooth mixture. Add tomato paste, stir and let simmer for 2 minutes. Strain the blended mixture into the saucepan, add maggi seasoning cube, stir and let simmer for 15 - 20 minutes.
3. Akrantie nkwan Ready to serve with Fufu or any side of your choice.

Nutrition

Carbohydrates	14,57 g
Energy	259,88 kcal
Total fat	6,5 g
Fiber	2,83 g
Protein	38,19 g
Saturated Fats	2,81 g
Sodium	175,91 mg
Sugars	7,82 g

38 Minutes

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