Main dishes / Tanzania

# Ndizi na nyama

Green bananas stewed with beef in coconut milk. A Chagga dish from the slopes of Kilimanjaro.

**Time** 85 min **Servings** 4

## What you'll need.

- ☐ 600 g Beef — diced
- ☐ 400 ml Coconut milk
- ☐ 3 piece Tomatoes
- ☐ 30 g Ginger
- ☐ 30 g Coriander
- ☐ Salt and pepper — to taste
- ☐ 8 piece Green bananas
- ☐ 2 piece Onions
- ☐ 4 clove Garlic
- ☐ 1 tbsp Curry powder
- ☐ 50 ml Vegetable oil

## Let's make it.

01 Brown the beef, add the onion, garlic and ginger and fry until soft.

02 Add the tomatoes and curry powder and cook five minutes, until the tomatoes break down.

03 Add water level with the meat, season and stew thirty minutes, covered.

04 Peel the bananas under running water and cut them into thick rounds.

05 Add the bananas to the pot and cook twenty minutes, until tender.

06 Pour in the coconut milk and warm five minutes without letting it boil. Scatter with coriander.

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