Main dishes / Zimbabwe

# Sadza ne nyama

Stiff maize porridge with stewed beef and greens. The daily meal of Zimbabwe.

**Time** 125 min **Servings** 5

## What you'll need.

- ☐ 500 g Maize meal
- ☐ 800 g Beef — on the bone, in pieces
- ☐ 2 piece Onions
- ☐ 4 piece Tomatoes
- ☐ 400 g Collard greens
- ☐ 4 clove Garlic
- ☐ 2 tbsp Peanut butter — for the greens
- ☐ 50 ml Vegetable oil
- ☐ Salt and pepper — to taste

## Let's make it.

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

02 Add the tomatoes, cover with water to the same level, season and stew for an hour and twenty.

03 Shred the greens fine and stew them with tomato and peanut butter for fifteen minutes.

04 Slake a quarter of the maize meal in cold water and stir it into a litre of boiling water.

05 Cook that thin porridge for ten minutes, stirring with a wooden paddle.

06 Rain in the rest of the meal a little at a time, working it hard for fifteen minutes to a stiff mass.

07 Turn the sadza onto plates with a wet spoon and serve with the meat and greens.

**Recipe & provenance** UniTools / UniTools — theunitools.com / CC BY-SA 4.0.
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