Main dishes / Cameroon

Ndolé



Bitter leaves with peanut paste, meat and prawns. The national dish of Cameroon.

Time 120 min **Servings** 6

What you'll need.

- ☐ 700 g Bitterleaf or spinach
- ☐ 600 g Beef — diced
- ☐ 50 g Dried shrimp
- ☐ 6 clove Garlic
- ☐ 2 piece Chilli
- ☐ 3 piece Plantain — to serve
- ☐ 300 g Peanuts — raw, shelled
- ☐ 300 g Prawns
- ☐ 2 piece Onions
- ☐ 40 g Ginger
- ☐ 120 ml Vegetable oil
- ☐ Salt and pepper — to taste

Let's make it.

01 Boil the leaves in salted water for ten minutes, wring them out and repeat twice more with fresh water.

02 Boil the peanuts twenty minutes until soft and blend them with water into a thick paste.

03 Brown the beef, then add the onion, garlic, ginger and chilli.

04 Add water and the dried shrimp and stew forty minutes, until the meat is tender.

05 Stir in the peanut paste and cook fifteen minutes, stirring; it catches easily.

06 Add the drained leaves and the fresh prawns and stew ten minutes more.

07 Serve with fried plantain or boiled cassava.

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