

Modified Egusi (melon seeds) Stew



Provides 10 servings. Preparation time is 1hr 30 minutes

Ingredients:

1 tsp palm oil Or 5 olive oil sprays
 2 Medium onions chopped
 1 Tin of chopped tomato, blend until smooth
 1 Fresh root ginger, 1 scotch bonnet, 2 cloves garlic blend together
 4 Stems of fresh thyme
 180g Smoked haddock
 180g Haddock (unsmoked)
 1 Low salt stock cube (optional)
 1 (1 cup of the cooked beans) tinned kidney beans OR black eye beans
 100g crayfish powder or smoked herrings fish powder
 2 tbsp egusi (melon seeds) powder or add water to seeds and blend until smooth
 1kg Fresh spinach (*kontomre* boiled) finely chopped or shredded

Preparation method:

Heat palm oil in a large pot at medium heat. Add the chopped onions and cook until soft. Add tomato, blended spices and cook for about 20 minutes, stirring occasionally until the tomato juice is reduced. Gradually add the smoked and unsmoked haddock, crayfish (or smoked herring if using) gently stirring occasionally. Cover the pot with lid and simmer for about 15 minutes or until the fish is cooked. Pour in the egusi, stir, replace the lid and simmer on low heat for about 15 minutes, stirring occasionally. Add the chopped or shredded spinach or boiled *kontomre*, stock cube (if using) and stir thoroughly. Replace the lid and simmer until the stew thickens and the spinach is wilted. Serve warm with rice, boiled yam and plantains, *fufu*, *eba* etc

Each 248g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
548kJ 131kcal	3.4g	0.8g	3.4g	0.31g
7%	5%	4%	4%	5%

of an adult's reference intake

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	53kcal/221kj
Total Fat (g) <i>of which saturated fatty acids (g)</i>	1.4 0.3
Carbohydrates (g) <i>of which sugars (g)</i>	3.2 1.4
Dietary fibre (g)	2.1
Protein (g)	5.8
Salt (g)	0.12