

Matoke



Ingredients

- Green banana
- Avocado oil
- Onion
- Red bell pepper
- Tomatoes
- Curry powder
- Cayenne pepper
- Cilantro
- Bouillon cubes
- Water

Methods

Peel the bananas; then cut them into two-inch pieces and place them inside salted water to avoid discoloration when they come into contact with air.

Place a saucepan over medium heat and add avocado oil to it.

Once the oil is hot, add chopped onion and cook for about 2 minutes or until they are translucent and soft.

Next, garlic, ginger, bell pepper, and tomatoes and continue to cook for 2 more minutes.

Now, add curry powder, cayenne pepper, bouillon cube, and cilantro, and mix well.

Cook for a minute or two until spices are fragrant.

Add the green bananas and mix well.

Pour water and stir.

Bring the mixture to a boil and cover the saucepan with a lid.

Reduce the heat and let the mixture simmer for about 25 minutes or until the green bananas are tender.

Serve.