

## Spinach Agushi Curry and Barbecued Plantain

### INGREDIENTS

1 tablespoon coconut oil

1 little onion, meagerly cut

2 teaspoons curry powder

1 teaspoon stew powder

350ml uncooked Chale Sauce

100g or around 2 stored tablespoons agushi (dried ground melon seeds)

8 guinea peppers (fantastic grains of selim), squashed (discretionary)

juice of 1 lime

150-300ml water or great quality vegetable stock, whenever required

200g child leaf spinach

1 teaspoon ocean salt

1 teaspoon coarsely ground

dark pepper to taste

Barbecued plantain (discretionary)

4-6 ready plantains

1 tablespoon Kelewele Flavor Blend

½ tablespoon dried bean stew chips

ocean salt

coconut oil (dissolved) and olive oil, for sprinkling

### Strategy

Heat a huge, weighty based pan and add the coconut oil. At the point when it has dissolved, add the onion and sauté over a medium intensity for a couple of moments until relaxed, then add the curry and bean stew powders and mix well. Mix in the chale sauce and stew over a low intensity for 20 minutes.

Delicately mix in the agushi, utilizing the rear of a wooden spoon to separate any bumps that might shape - the sauce ought to begin to become velvety and look like fried eggs. Add the guinea peppers, if utilizing, and the lime juice. Pass on to stew over a medium intensity for a further 10 minutes. On the off chance that the sauce turns out to be excessively thick, add the water or vegetable stock a little at a time to loosen it. The shade of the stew will have changed from pink to a mustard tone.

Mix in the spinach and ocean salt and dark pepper, then stew tenderly until the spinach has shriveled. In the interim, set up the barbecued plantain, if making. Preheat the barbecue to medium-high. Utilizing a sharp blade, strip the plantains by removing the tips each end and cutting through the skin lengthways (try not to cut into the tissue), then utilize your hands to eliminate the skin.

Slice the plantains down the middle lengthways. Rub with the ground ginger, stew drops and ocean salt, and shower with coconut or olive oil. Barbecue for 12-15 minutes, turning over part of the way through. Serve close by the spinach curry