

Nyama Choma: Grilled or barbecued goat meat.



Egusi soup: A stew made with a white-melon meats and sea food.



Biltong: A kind of air-dried/cured meat (similar to beef jerky).



Mahshy: Lemony vine leaves stuffed with flavoured rice.



Ugali: Made from maize (dense porridge)



(but served in
many countries
across Africa)

Maafe: Peanut stew.



(but served in
many countries
across Africa)

Djouka Fonio: A millet (grain) dish with ground peanuts, eggplant, spices and onion.



Thiéboudiène: A fish and rice dish.



(It is also eaten in
Senegal, Mali, The
Gambia and other
west and south
African countries)

Bogobe jwa lerotse: Made from sorghum or maize meal porridge cooked with lerotse, a type of sweet, orange-fleshed melon often served with meat.



Harira: Tomato-based soup made with lentils, chickpeas, and meat (usually lamb or beef).



Brik: Thin pastry stuffed with egg, tuna, and spices.



Ndolé: Bitterleaf stew with peanuts, shrimp, or beef.



Injera and doro wat: Spongy sourdough flatbread with spicy chicken stew.



Kapana: Grilled street-style beef with spicy chili seasoning.



Matoke: Steamed and mashed green bananas with sauce.



Jolloff Rice: Dish made with rice, tomatoes, onions, peppers, and a blend of spices.

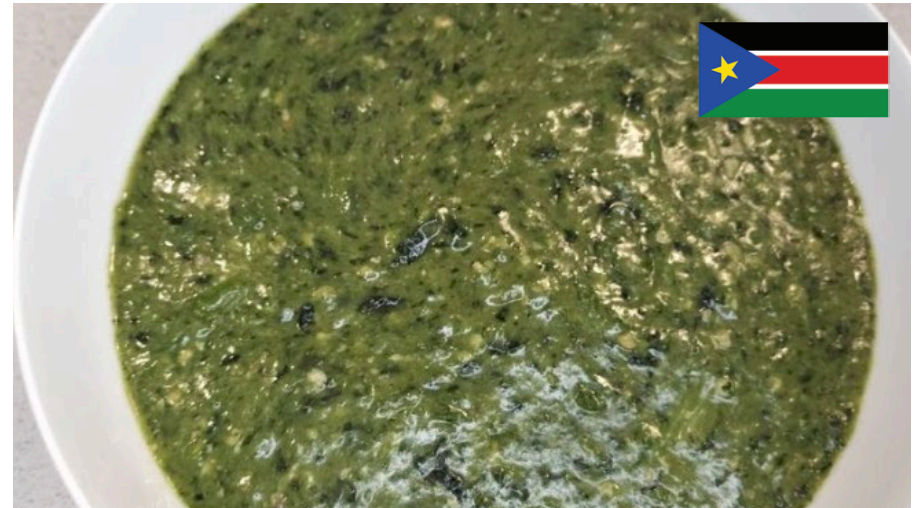


Calulu: Fish stew with vegetables and palm oil.



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Kisra with Mula: Fermented flatbread with okra sauce.



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Samosa/Sambusa: Crispy, deep-fried pastries filled with spiced meat, vegetables, or lentils.



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Langouste a la Vanille: Lobster in vanilla sauce.



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