



Cowpea-Plantain Mélange

Nigeria | Medium | 90 minutes | 3 servings | Main dish



Cowpea-Plantain Mélange is a sumptuous dish from Nigeria. It is rich in folates, iron, B vitamins as well as animal and plant protein. Encompassing all classes of nutrients, it is indeed part of a balanced diet.

Tools and equipment

- ~ Cooking pot
- ~ Frying pan
- ~ Wooden spoon or other stirring tool
- ~ Knife

Directions

- 1 Boil cowpeas until well cooked. Add salt to your preferred taste while boiling.
- 2 Chop fresh tomatoes, onions, vegetables, plantain.
- 3 Stir-fry onions, plantain, grilled fish, tomatoes, and pepper in palm oil, on low heat.
- 4 After about five minutes, pour the cooked beans into stir-fried ingredients.
- 5 Add the dry grounded crayfish and the seasoning cube.
- 6 Stir food and allow simmering for another 5 minutes, on low heat.
- 7 Add vegetables and turn off heat.

Ingredients

Cowpeas (dry)	200 grams
Ripe plantain	1 unit
Grilled fish (medium sized)	1 unit
Vegetables (of choice)	to taste
Tomatoes	5 units
Onion	1 unit
Red Pepper	2 units
Crayfish or shrimp (blended)	50 gr
Palm oil (red)	to taste
Seasoning cube (optional)	1 unit
Salt	to taste