

## RECIPES IDEAS

# AMARANTH FOTETE

### Kenyan recipe



#### Ingredients:

#### For 4 persons:

- 2 bunches of amaranth
- 1 red onion thinly sliced
- Few leaves of coriander to taste
- A pinch of salt and pepper to taste
- 2 ripe tomatoes
- 1/4 kg mutton steak
- 2 tablespoons eliant oil



#### Preparation:

Wash and dry the leaves. Tear or cut them into small pieces.

Pour onions into a cooking pot and cook until getting golden brown color.

Add sliced tomatoes and cook for 2 minutes.

Add chopped meat, salt and pepper. Stir and cook for ten minutes or till ready.

Add chopped amaranth.

Cook for 2 minutes.

Serve while hot with rice, pasta, ...