

RECIPES IDEAS

BLACK NIGHTSHADE

Kenyan recipe



Ingredients:

For 4 persons

- 2 bunches of black nightshade
- 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 table spoons 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 black nightshade.
Cook for 2 minutes.
Serve while hot with rice, pasta, ...
PS: if black nightshade leaves are bitter, boil them before cooking.