

## RECIPES IDEAS

# MORINGA INCAMA

### Névadaye, Senegalese sauce



#### Ingredients:

#### Ingredients for 10 people:

- Drumstick tree leaves (dry or fresh)
- 500 g of fresh peanut flour
- 500 g of meat
- 150 g of dry fish
- 100 g of cherry tomatoes
- 50 g of concentrated tomatoes
- 1 onion
- Salt, pepper and hot pepper (in option)

#### Preparation:

Wash and cut the meat in little pieces.

Put drumstick leaves in boiling water and let during 2 minutes in order to suppress bitter taste. Drain.

In a saucepan, put meat, drumstick tree leaves and all the others ingredients. Boil for 40 minutes. Salt.

At the end, sauce become thick and oil floats. Turn the fire down and check the seasoning.

Serve with couscous, millet or corn.

