

# KITCHEN COZA

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## EPISODE 8: RECIPE

### UMNGQUSHO: SAMP 'N BEANS

Soak the beans overnight.

Combine samp with beans, add to a pot and pour over water.

Boil without salt until tender for about 1,5 hours.

Stir regularly to prevent it from sticking to the bottom of the pot.

Fry onions in oil until soft, add curry powder and chicken spice and fry for a few minutes or until translucent.

Season with salt and pepper.

After the samp and beans are cooked, add onion mixture to samp mixture.

Add chopped parsley and season with salt and pepper.

Delicious served with braaied chicken pieces and boerewors!

### INGREDIENTS

1 cup PnP Speckled Sugar Beans

1 cup samp mielies

1 litre of water

2 large onions

20ml canola oil

10ml PnP Curry Powder

10ml PnP Chicken Spice

Handful of flat leaf parsley

1 pinch coarse black pepper