



Niaymia (Dry okra with Yogurt) by Awatif

INGREDIENTS

- 5 tbsp of vegetable oil
- 1 ½ cup of yogurt
- 3 medium white onions chopped
- ½ tsp salt
- 1 tomato diced
- 2 tbsp ghee
- 1 cup water
- 1 Maggie cube stock
- 1 tbsp pasta sauce
- 1 tsp black pepper
- 1 tsp of chili
- 3 tbsp dry okra powder

METHOD

1. Add vegetable oil to a pot on medium heat.
2. Add onions and stir it till it is golden brown.
3. Mix in the diced tomatoes.
4. Add in the Maggie cube and water.
5. Stir everything together and ensure the Maggie cube is dissolved.
6. Turn the heat down and leave the lid on for about 10 minutes.
7. Turn off the heat, remove the pot and let it cool completely.
8. Then add the yogurt, tomato paste, peanut butter and ghee.
9. Blend it well in the food processor.
10. Put it back in the pot and add the dry okra powder.
11. Leave it for a while, until it is thin.





Porridge

INGREDIENTS

- 7 cups of water
- 2 cups of plain flour
- ¼ cup of yogurt
- ½ tsp of salt

METHOD

1. Boil some water in a pot.
2. Once it is boiled, add some salt.
3. In a separate bowl, mix the plain flour, yogurt and a little water.
4. Add this to the boiling water and keep stirring until its sticky.
5. Take off the heat and let it cool down.



TIP

Add the Niaymia on top of your porridge and enjoy this amazing meal!