

## Matapa with prawns

*Serves 4*

- 2 cups of cassava leaves, chopped (substitute spinach or kale)
- 4 cloves of garlic, chopped
- 1 tbs olive oil, plus extra for the prawns
- 1 onion, finely chopped
- 1 cup fish or chicken stock
- 1 cup water
- 2 cups of ground peanuts (pulsed in a food processor until they resemble a powder)
- 1 can (400 g) of unsweetened coconut milk
- 600 g shelled and cleaned raw prawns
- salt, pepper and chilli flakes to taste



Traditionally, the cassava leaves and garlic are ground and pounded using a very large mortar and pestle, but you may not have one of these handy.

You can achieve a similar effect if you pound the leaves and garlic with a meat mallet and then whizz them together in a food processor.

Once you have achieved the desired consistency, put the leaf mixture to one side.

Heat the oil on medium in a large, deep pan and fry the onion until soft.

Add the stock, water and leaf mixture to the pan.

The chopped leaves should be covered; if they aren't you may need to add extra water.

Bring to the boil.

Reduce the heat and simmer for about 20 minutes, until the pan's contents start to resemble a paste.

Meanwhile, combine the ground peanuts and coconut milk in a bowl.

When the leaves have cooked for 20 minutes, add the peanut and coconut mixture to the pan.

Stir and simmer for another hour, adding water if necessary.

Your matapa should be thick and rich.

Add salt and pepper to taste.

When the sauce is nearly ready, drizzle the prawns with olive oil and lightly season with salt, pepper and chilli flakes.

Gently saute the prawns in a separate pan or cook them under a grill for five minutes.

Add the cooked prawns to the sauce.

Serve with rice!