

Ndizi na nyama (bananas and beef)

The bananas in this dish are not the sweet, ripe kind we're probably used to in Australia. Green, unripe, starchy bananas or plantains are used, so when you're shopping be sure to try and find the right thing!



Serves 4

8 medium-sized green bananas ('cooking bananas' – you should be able to find these here at an African or Asian grocer or from any international market)

750 g lean beef pieces

2 medium red onions

2 cloves garlic

½ a jalapeno pepper, seeds removed

2 large tomatoes

1 large carrot

1 bay leaf

1 l chicken or beef stock

½ cup coconut milk

Salt and pepper to taste

Halve the bananas widthways.

Place each banana piece in a bowl of water so it doesn't blacken.

Season the beef with salt and pepper.

Chop the onion, garlic, tomato, pepper and carrot.

Place the beef, vegetables and bay leaf in a heavy-bottomed pot.

Add enough stock to cover.

Bring to the boil.

Turn the heat down and simmer for about half an hour.

Add the bananas and coconut milk to the pot.

Stir gently to combine with the beef and vegetables.

Cook for a further 10 minutes, or until the bananas are cooked without being mushy.

Season with salt and pepper if needed.