



Brown beans jollof with sweet potato or plantain – oil free

Serves 4

A classic traditional Nigerian dish

Ingredients

500g brown beans
2 sweet potato
2 bell peppers
1 tbsps. all-purpose seasoning
1-2 scotch bonnet
1 litre water
1 tsps. nutmeg powder

Method

- Soak your beans for 2-4 minutes then wash them under running water, do this quickly so the skin doesn't flake off. Add to a pan of water and bring to the boil, then reduce the heat to a simmer and cook the beans for 25 minutes
- Meanwhile prepare the vegetables; peel the sweet potatoes and then cut them into even bite size pieces, de-seed and roughly chop the peppers, roughly chop the scotch bonnets (removing the seeds if you like less heat) and add to a blender
- Blend the peppers (or finely chop if you don't have a blender) then add to a pan of water, followed by the sweet potatoes and spices and cook for 10-15 minutes, and then when cooked add the brown beans. Mix through and then its ready to serve

Top tips

- Serve with wholegrain rice for more fibre and less carbohydrate than white rice
- Add plantain if you want additional flavour, fibre and goodness



Moi moi with corn, millet or oat porridge

Serves 2

Protein rich, gluten free whole-food

Ingredients

500g peeled beans
2 large white onions
2 tbsps. vegetable oil
1 cup of oats, millet or oat porridge
3 red bell peppers
2 scotch bonnets
2 tbsps. all-purpose seasoning

Method

1. Soak beans in fairly warm water for 15-20mins until soft
2. Prepare your vegetables; de-seed red bell peppers and chop, skin off onions and chop, chop the scotch bonnets (removing seeds if you like less heat)
3. Drain the beans then add two large spoonfuls to a blender with some chopped peppers, onions & scotch bonnet, 150-200ml of water and blend to smooth
4. Empty your blend in a large bowl
5. Repeat step 3. until all the beans are blended
6. Add vegetable oil & seasoning
7. Using a wooden spoon or whisk, whisk blended beans
8. Portion into large moimoi leaves or a plastic bowl with lid & cook for 30mins

Corn, Millet or Oat Pap/Porridge

- Put 100ml of water into a small saucepan then add corn powder millet or oat and whisk for 1 minute
- Then stir continuously on low heat until cooked and ready to serve

Top tips

- If you don't have a blender then just very finely chop your vegetables and use a masher or fork to break down the beans
- Oat porridge has the least amount of carbohydrate
- Add some lemon Juice to flavor your porridge instead of adding sugar or honey

Green or unripen plantain with aubergine / eggplant sauce



Serves 1

Perfect on its own or with mackerel

Ingredients

- 1 green plantain
- 1 aubergine or eggplant
- 1 scotch bonnet
- 1 onion
- 1 large tomato
- 1 tbsp of smoked paprika powder
- 1 tbsp of olive or vegetable oil
- 1 tbsp of all – purpose seasoning

Method

- Wash green plantain with skin on and cut into three equal pieces. Place in a medium pot and add 100-150 ml of water and cook or boil for 15mins until soft
- Meanwhile chop the aubergine/egg plant into 4 quarters. Add to boiling plantain and cook for an extra 5-8mins
- Finely chop the tomato, onion and scotch bonnet fine or use hand blender to mince
- In a separate sauce or frying pan, pour blend mix with the all–purpose seasoning and oil and cook on medium heat for 5mins. Stir and serve alongside the plantain

Top tips

- Add a teaspoon of nutmeg powder if you would like some additional flavour
- Diabetics should eat at least 2 portions of oily fish a week. Add fresh or tinned mackerel to this dish

Green plantain flour served with spinach sauce



Serves 2-3

A filling meal full of fibre with no effect on your blood sugar levels

Ingredients

- 2 cups of plantain flour
- 200 -300ml water
- 1-2 bags or bunch spinach i.e. kale, baby spinach or pumpkin leaves
- 2 red bell peppers
- 1 large onion
- 1-2 scotch bonnets or chilli of your choice
- 1 tbsp of locust bean
- Your choice of fish or chicken
- All-purpose seasoning or chicken seasoning or fish seasoning
- 1 tbsp of olive oil (Optional)

Method

1. Add 200 -300ml of water to a medium sized saucepan and bring to boil. Add plantain powder and stir to incorporate, continuing to stir until a medium consistency is achieved. Scoop out, wrap in cling film and set aside
2. Wash & chop spinach, then set aside in a drainer
3. De-seed and chop red bell peppers, chop onions & scotch bonnet, then add to a blender and blend coarsely
4. Pour into a saucepan & bring to boil for 5 minutes
5. Add your choice of chicken or fish and cook for 10mins. Add all-purpose seasoning, locust bean and stir and allow to cook on medium heat until chicken is tender
6. Add chopped spinach & cook for 2 mins
7. Stir & Serve

Top tips

- For additional protein add chopped up tripe to this dish for a low fat economic addition