



NYAMA CHOMA BOEREWORS SISHEBO

INGREDIENTS

- 1 kg boerewors
- 3 tablespoon of sishebo spice
- 2 large grated tomatoes
- 1 medium chopped onion
- 1 tablespoon crushed garlic
- 2 baby marrows chopped
- 2 medium carrots chopped
- 2 medium potatoes cubed
- 1 teaspoon of sugar
- 1 cup of water
- Fresh parsley

METHOD:

- Cut the boerewors in your preferred size, put in a pan and start browning with its fats
- Remove the browned boerewors from then pan and set aside.
- In the same pan, add crushed garlic and onion, and fry until soft
- Add the tomatoes, potatoes, water, and 3 tablespoons of Nyama Choma Sishebo Spice. Close the pot and cook on low heat for 15 minutes.
- Add carrots, baby marrows and the boerewors and cook for 10 minutes.
- Add fresh parsley

