



NYAMA CHOMA SISHEBO LAMB KNUCKLE STEW



INGREDIENTS

- kg lamb knuckle
- 3 tablespoons Nyama Choma Sishebo Spice
- 1 onion chopped
- 1 red and green bell pepper
- 2 tsp chopped garlic clove

METHOD:

- Heat oil in pot on medium heat.
- Add the lamb pieces and sauté till golden brown then set aside
- Add onion, peppers, and garlic and stir until caramelised
- Add the lamb back into the pot
- Add the Nyama Choma Sishebo Spice and stir for roughly 5 minutes
- Add 1-2 cups of warm water and bring to a boil over medium heat
- Cook until sauce thickens

Can be served with rice, samp and pap.

