

La Mouambe

INGREDIENTS

1. 1 kilogram palm nuts
2. Water
3. Meat or fish
4. *Fumbu* (the leafy part of a naturally growing creeping plant)

Method:

1. Boil palm nuts in water for 20 minutes until the water turns into a "nut juice."
2. Boil fish or meat in the nut juice for 30 minutes.
3. Add *fumbu*. Leave on heat for five minutes.
4. Serve warm with cassava, rice, or plantains.

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