

Moringa Drumstick Curry

Drumsticks are the seed pods of the Moringa Tree

Ingredients:

9-10 drumsticks, washed with ends chopped off
2 garlic cloves chopped
2 large green chilli chopped
1-2 red onions chopped
1 tsp turmeric
1 small tin of coconut
Salt to taste
Lime juice (1 – 2 limes)
2 Chopped potatoes
Tomatoes (optional)



Prepared Drumsticks

Method:

1. Wash and cut drumsticks. Remove ends and cut in to 10cm long pieces then half them
2. Add to the saucepan and cover with water
3. Add garlic, turmeric, red onion, curry leaf and chilli and potatoes
4. Cook until drumstick and potatoes are tender
5. Add salt, coconut milk and cook another 5 mins
6. Add lime juice at end and tomatoes if you wish

