



# LOVES FOOD

## **FRIED IMPWA**

### **INGREDIENTS:**

500g of fresh Impwa  
Half an onion chopped  
Cooking oil for shallow frying  
1 teaspoon salt  
1 large tomato grated  
1 medium red bell pepper sliced  
1 medium green pepper sliced  
Half a teaspoon curry powder

### **METHOD:**

1. Wash and cut your impwa into four long pieces
2. Heat your frying oil and fry your impwa (in batches so as not overcrowd the pan). Fry until the skin is lightly browned.
3. While impwa is frying, in a separate pot, begin to cook your onion and tomato with salt and curry powder. Do not add oil to this pot as the okra will have some residual oil even after straining.
4. As you remove your fried impwa, be sure to drain as much of the oil out without squishing them. Place the fried impwa into a separate plate or bowl until all of it has been fried.
5. Once the tomato mixture has cooked down, turn it off until all the impwa is fried and ready to go.
6. Place all the fried impwa into the tomato mixture and add the sliced bell peppers. Stir gently and allow to cook together for at least 5 minutes.

### **SERVING SUGGESTION**

This dish goes well with Nshima and any protein. The peppers add a pop of colour making the dish look oh so appetizing. For the famous warriors who hate on impwa, this dish can be made by substituting impwa with egg plant. In this case, you may enjoy the eggplant with Nshima or rice.

Enjoy!

With love,  
From Famous Warrior's kitchen