



MATOOKE AND GROUNDNUT KATOGO

By Benjamin Nsubuga



MATOOKE AND GROUNDNUT KATOGO

Kampala, Uganda



By Benjamin Nsubuga

Matooke and groundnut katogo is often served as a filling breakfast or lunch. It provides a good balance of carbohydrates, proteins, and fats. The dish is commonly enjoyed in Uganda for its unique combination of flavours, showcasing the natural sweetness of matooke, the crispness of groundnuts, and the savory taste of the leafy vegetables.



Serves 4

INGREDIENTS

5 matooke (green bananas)
250g ground nuts
Bundle of Nakati (Ethiopian eggplant)
2 tomatoes
1 onion
5L water
2 pinches of salt
1 avocado

METHOD

1. Peel the green bananas.
2. Chop the tomatoes and onion.
3. Place the groundnuts in a saucepan and add the water.
4. Place the saucepan with the groundnuts on a heat source and stir repeatedly until the water starts boiling.
5. When boiling, drop in the peeled green bananas.
6. Add the chopped tomatoes and onions plus a pinch of salt, and then wait a few more seconds until the green bananas soften.
7. In a separate pot, gently steam the nakati with a pinch of salt until soft.
8. Serve and enjoy!

[Visit the virtual photo exhibition](#)