



Potatoes, Chickpeas and Groundnuts

Tanzania | Easy | 5 hours | 6/8 servings | Side dish



Ingredients

Potato	1 kg
Groundnut, grinded	40 g
Chickpea, dry	400 g
Table salt	10 g

Tools and equipment

- ~ Stainless steel cooking pot or saucepan
- ~ Mortar and pestle
- ~ Bowl



Directions

- 1 Wash chickpeas and soak for four hours.
- 2 Boil soaked chickpeas for 30 minutes.
- 3 Peel, wash and cut potatoes, add to cooked chickpeas. Add salt and boil for ten minutes.
- 4 Add crushed and sifted groundnuts to mixture.
- 5 Boil for ten minutes.
- 6 Season and serve with a salad.