EAST AFRICAN · LUNCH · DINNER

Ndengu: Kenyan Green Gram Stew with Kale

50 min | Serves 6 | 412 kcal a serve | Video 9:59 · Chef D Wainaina

Vegetarian | Gluten-free ingredients | Nut-free

Green grams, kale, carrots and peppers give each bowl about 16 g of fibre and 15 g of plant protein, plus plenty of folate and vitamin C. The coconut milk adds saturated fat, so light coconut milk is a good swap.

Diet notes: Vegan if you leave out the plain yoghurt; Dairy-free if you leave out the plain yoghurt.

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Ingredients 28 · SERVES 6

- [ ] 2 cups **mung beans** (green grams, ndengu), rinsed and soaked (the cook uses small French green lentils)
- [ ] **vegetable oil**, for frying (about 2 tbsp)
- [ ] 1 cup diced **red onion**
- [ ] 1 tbsp chopped **garlic**
- [ ] 1 tbsp minced **ginger**
- [ ] 1 tsp **cumin**
- [ ] 1 tsp **ground coriander**
- [ ] 1 tsp **garam masala**
- [ ] 1 tsp mixed **herbs**
- [ ] ½ tsp **turmeric**
- [ ] ½ tsp **chilli powder**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 1 tsp **tomato paste**
- [ ] 2 **ripe tomatoes**, diced
- [ ] 6 **curry leaves** (or 2 bay leaves)
- [ ] **coriander** (cilantro), stems for cooking and leaves to finish
- [ ] 1 cup diced **carrots**
- [ ] 1 cup diced **bell peppers**
- [ ] 1 **jalapeño**, chopped (optional)
- [ ] 2 cups **vegetable stock or water**
- [ ] extra **water**, to cover (about 1¼ cups)
- [ ] **Vinegar**: 1 tbsp rice wine vinegar or lemon juice (optional)
- [ ] 2 cups **kale**, roughly chopped (or spinach)
- [ ] 1 cup **coconut milk**
- [ ] **scallions**, to garnish
- [ ] **plain yoghurt**, about 2 tbsp per bowl, to serve (optional)
- [ ] a drizzle of **olive oil** (about 1 tsp per bowl), to serve (optional)

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the green grams (or lentils) in cold water and leave them to soak while you prepare everything else. 1:31
2. Heat the oil in a medium pot and cook the onion until soft. Add the garam masala, cumin, coriander, turmeric, chilli powder, mixed herbs, garlic and ginger, season lightly and stir until fragrant. 2:38
3. Add the tomato paste and toast it for a minute, then add the tomatoes and cook until they break down. Add the curry leaves, coriander stems, carrots, bell pepper and jalapeño, cover and cook for a few minutes. 3:43
4. Drain the green grams and stir them in. Add the stock, enough water to cover and the vinegar. Cover and simmer for about 10 minutes. 5:16
5. Fold in the kale with a splash of water, then stir in the coconut milk. Bring back to the boil and simmer until the grams are soft and the kale has wilted. Adjust salt and pepper. 6:32
6. Finish with coriander and scallions. Serve with chapati or rice, topped with a spoon of yoghurt and a drizzle of olive oil if you like. 8:13

> **Tip** Serves about 6 (our estimate). The cook's small lentils soften in about 20 minutes; whole green grams need longer, so simmer them until tender before the kale goes in. Light coconut milk cuts the saturated fat.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
412 kcal	16 g	47 g
1,730 kJ	33% of a day	31 g net · 10 g sugars
		17% of a day

FIBRE	FAT	SODIUM
16 g	20 g	640 mg
58% of a day	9.4 g saturated	28% of a day
	26% of a day	

Energy from net carbs 34% · protein 17% · fat 49%

High in (20%+ of a day) Vitamin K 95% · Vitamin C 82% · Folate 80% · Vitamin A 35% · Omega-3 33% · Magnesium 31% · Iron 29% · Vitamin B6 24% · Potassium 22% · Zinc 20% · Vitamin E 20%

Source of (10–19%) Selenium 15% · Calcium 13%

Recipe and video: Chef D Wainaina (@chefdwainaina) on YouTube — youtube.com/watch?v=ifivYh63Bkk, published 25 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kenyan-ndengu-green-gram-stew