EAST AFRICAN · LUNCH · DINNER

Mbuzi Wet Fry (Kenyan Goat with Tomatoes and Peppers)

110 min · Serves 2 · 413 kcal a serve · Video 4:16 · Jikonimagic

No dairy listed · No nuts listed

About 40 g protein, 16 g net carbs and 7 g fibre a serve: goat slow-cooked with curry spices, then finished with fresh tomatoes, onion, green pepper and coriander, in just 2 tbsp oil.

Diet notes: Low saturated fat (2.3 g, 5% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil; Gluten-free with a swap: use gluten-free beef stock cubes.

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Ingredients 12 · SERVES 2

- [ ] 2 tbsp **vegetable oil**
- [ ] 1 large **onion**, sliced (half to start, half later)
- [ ] 3 **garlic** cloves, finely chopped
- [ ] a 1-inch piece of **ginger**, finely chopped
- [ ] 3 **green chillies**, chopped
- [ ] 1 tbsp **curry powder**
- [ ] 1 lb **goat meat** (mbuzi) on the bone, in pieces
- [ ] 2 **beef stock cubes** (counted as their salt)
- [ ] 2 large **tomatoes**, chopped
- [ ] a handful of **spring onions**, chopped
- [ ] ½ **green capsicum** (bell pepper), sliced
- [ ] a bunch of **dhania** (fresh coriander), chopped

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pan until it shimmers and fry half the onion until it just starts to brown at the edges. 0:31
2. Add the ginger, garlic and green chillies and cook for no more than a minute, then stir in the curry powder and cook it for about 2 minutes. 0:47
3. Add the goat and crumble in the stock cubes, stir until every piece is coated, and cook on medium-low for about 30 minutes to brown the meat. 1:09
4. Pour in just enough hot water to cover the meat, cover and cook on low for about an hour, until the water has cooked away and the meat is tender. 1:59
5. Add the rest of the onion, cover for 2–3 minutes, then add all the tomatoes, cover and simmer for 5 minutes until they release their juices. 2:24
6. Stir in the spring onions and green pepper for about 3 minutes, then the coriander. Keep the sauce thick — that's what makes it a wet fry, not a stew. 3:06

> **Tip** Serves 2 as made (scale it up for more). Kenyans eat it with ugali or chapati; kachumbari (tomato and onion salad) or sukuma wiki keeps it lower in carbs. Use one stock cube to cut the salt.

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

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
413 kcal	40 g	23 g	7.4 g	19 g	1,690 mg
1,730 kJ	79% of a day	16 g net · 10 g sugars	26% of a day	2.3 g saturated	73% of a day
		9% of a day		24% of a day	

Energy from net carbs 16% · protein 41% · fat 43% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 93% · Vitamin C 88% · Omega-3 80% · Zinc 71% · Vitamin B12 64% · Iron 39% · Vitamin E 37% · Selenium 31% · Potassium 29% · Vitamin B6 28% · Folate 20%

Source of (10–19%) Vitamin A 16% · Magnesium 12%

⚠ One serve has about 73% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Jikonimagic on YouTube — youtube.com/watch?v=btxd-J3kpGg. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/mbuzi-wet-fry-kenyan-goat