

Recipe by  
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# Egusi soup



# Ingredients

2 kg of meat

500 g of spinach

water

500 g ground sunflower seeds

100ml oil

30 g ginger, 10 g garlic

2 onions

chilli habanero peppers, sweet paprika, thyme

Vegeta or Maggi



# Preparation

Cut the meat into small pieces, season with Vegeta, add half the chopped ginger and garlic, and set aside for about 30 minutes. Chop the onion finely, combine half of it with the meat and fry. Add two cups of boiling water and ground sunflower seeds. Continue adding water to achieve the desired density. Add the remaining onion, garlic, ginger, and spices to taste and cook for 10 min. In the end, add the spinach and cook for 2 min.

