



## Nigerian Plantain Dumpling Soup

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<b>Makes</b>	30 tastes in the classroom	<b>From the garden:</b>	Basil, spring onion, red capsicum, green capsicum, tomatoes, parsley, chilli
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Equipment	Ingredients
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<ul style="list-style-type: none"> <li>▪ Measuring cups and spoons</li> <li>▪ Non slip mat</li> <li>▪ Chopping board</li> <li>▪ 2x cooks knives</li> <li>▪ Large deep cooking pan</li> <li>▪ Food processor</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2 ripe bananas (plantain)</li> <li>▪ 2 handful of fresh basil</li> <li>▪ 2 spring onion, finely chopped</li> <li>▪ 2 red capsicum, finely chopped</li> <li>▪ 2 green capsicum, finely chopped</li> <li>▪ 1 ½ cups wholegrain flour</li> <li>▪ 8 large tomatoes</li> <li>▪ 2 stalk lemongrass</li> <li>▪ 4 cups water</li> <li>▪ 2 tablespoon olive oil</li> <li>▪ Salt to taste</li> <li>▪ 1 red chilli, Seeded and finely chopped</li> <li>▪ Parsley (for serving)</li> </ul>
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### What to do

1. Start by making the soup base. Blend half the red bell pepper with the tomatoes, lemon grass and a little water. Pour into a large pot, add the olive oil and season with salt. Let it simmer on a low heat as you get on with the rest.
2. To make the dumplings, blend the ripe bananas with the garlic, chilli and fresh basil in a food processor to form a smooth mixture. Transfer the mixture into a large bowl and add the chopped green onion, red and green capsicum, and the flour. Mix well to evenly distribute the chopped vegetables. With floured hands, take a spoonful of the mixture and roll into round dumplings - it should yield about 15-30. Arrange them on a lightly floured surface as you go along.
3. Place each dumpling carefully into the simmering pot of soup. Add 2 cups of water and bring to a boil for 5 minutes. Reduce the heat and simmer for another 5 minutes with the lid off (this will help thicken the soup slightly).
4. Serve hot with a generous garnish of chopped fresh herbs.

### Bottom Drawer

*Did you know?* Plantain is what they call bananas in Africa.

