

Ndolé – everybody loves it!



Ndolé is known to be a Cameroonian stew made with peanuts, greens and ground beef.

Just try it!

Ingredients

- 1 lb (~500g) spinach
- 2/3 lb (~300g) ground beef
- 1/2 lb (250g) fresh shrimp
- 1/4 lb (~100g) smoked fish, deboned and flaked
- 1/4 lb (~100g) roasted peanuts
- ... and a lot of love, and creativity



*Editor: Alckany,

Email: Ackany@gmail.com