



## **Traditional Nigerian Wedding Stew**

*Recipe courtesy of Ohomni Iseherien*

Serves 4

- 1 large onion, diced
- 2 bell peppers (red or green), diced
- 2 large tomatoes, chopped
- 1.5 tbs Knorr brand all purpose seasoning
- ¼ tsp red pepper flakes
- ¾ lb cod, skin removed and filet cut into small squares
- ¾ lb shrimp, shells removed and deveined
- 10 oz fresh spinach
- ½ cup vegetable oil
- Rice (Lindsey)

### **Directions:**

- Pour the oil in a large pot and warm over medium-high heat. Once the oil is hot, add the onion and bell pepper and saute until the veggies begin to soften, about 5 minutes.
- Add the tomatoes to the pot along with the Knorr seasoning and red pepper flakes. Allow the tomatoes to cook for 5-10 minutes over low heat, until they begin to break down and release their juice.
- Add the cod to the pot and simmer for 3 minutes before adding the shrimp. Toss to combine and then add the spinach to the pot as well. Cook for an additional 2-3 minutes until the shrimp and cod are just cooked through and the spinach has wilted. Taste and add salt and pepper if preferred. Serve over rice.