

Hermine's mouth-watering

pigeon pea tacos



**Give
peas
a
chance**

You could say pigeon peas are the ultimate superfood: a super-resilient, super-versatile crop, which handily enriches the soil for future harvests. It can be a game-changer for communities in Malawi. Hopefully you'll agree they taste super too when you try this delicious taco recipe.



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Ingredients

For the filling

- 180ml oil
- 100g diced onion
- 3 small garlic cloves, finely chopped
- 2 sprigs thyme
- 1 bay leaf
- ½ tsp ginger powder
- Pinch of black pepper
- 100g carrots, finely chopped
- 50g celery, finely chopped
- 100g fresh tomatoes, chopped
- ¼ tsp cayenne pepper
- 1 stock cube of your choice (vegetable, chicken or beef)
- 50g tomato purée
- Pinch of bicarbonate of soda
- 2 x 400g cans pigeon peas, drained and rinsed
- 200ml water
- A small handful of parsley, finely chopped, plus extra for garnish
- 1 tsp honey
- ½ tsp salt (or to taste)
- 2 ripe plantains
- ½ tbsp of ground crayfish (optional)

For the tacos

- 12 soft taco shells/wraps
- 2 medium avocados, finely sliced
- 1 lime
- To garnish: ½ sweet red pepper or 1 chilli, finely sliced

Making the pigeon pea filling

Cook the onions, garlic, thyme, and bay leaf in 2 tablespoons of oil over a medium heat. Add the ginger, pepper, ground crayfish (if using), carrot, celery, fresh tomatoes, cayenne pepper, stock cube, and cook for a further five minutes or until the mixture looks mushy. Add the tomato purée, the bicarbonate of soda, and mix. Pour in the rinsed pigeon peas and the water and stir it all together.

Sprinkle over the parsley, add the honey, and mix. Cover and bring to boil. Using the back of a wooden spoon or spatula, mash about one-third of the beans to thicken the stew. Leave to simmer and reduce for another 10-20 minutes on low, then season to taste.

Leave to one side while you prepare the plantain.

Frying the plantain

Peel the plantains and slice into 5mm thick discs and toss them in a bowl with some salt.

Add roughly 150ml oil to a frying pan and heat to about 180°. A good tip is to drop a piece of plantain in the oil and if it sizzles, the oil is ready. If it sizzles but caramelises immediately, the oil is too hot.

Using a frying ladle, place half of the plantains in the oil and fry on both sides until golden brown. Scoop the plantains out and place them on a plate lined with kitchen towel to drain excess oil. Repeat with the remaining plantain.

Assembling your tacos

Place two generous spoonfuls of warm pea stew on each taco. Add two or three slices of avocado and some fried plantain. Garnish with chopped parsley and finely sliced sweet red pepper or chilli for a little heat. Finish with a squeeze of lime. **Enjoy!**

Allergen information

May contain lupin, may contain sesame, may contain soya, may contain wheat.