

# Gango Recipe

## (Zimbabwean Meat Stir-Fry)

*The dish is made up of different kinds of meat and a leafy vegetable such as Kale. People usually serve this dish with Sadza/Ugali/pap.*

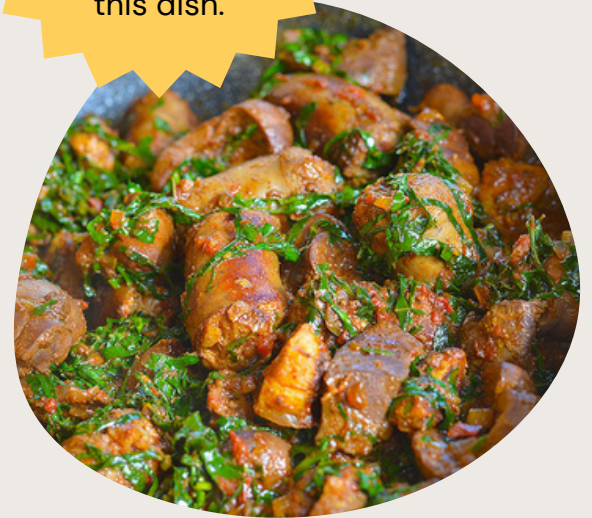
Prep time: 15 mins | Cooking time: 30 mins | Total time: 45 mins

### Ingredients

- 200g Boerewors (type of South African sausage), cut into bite-size pieces
- 300g chicken gizzards, cut into bite-size pieces
- 300 g Ox liver, cut into bite-size pieces
- 300g short ribs, cut into pieces
- 1 tbsp oil
- 1 tsp salt
- ½ tsp beef seasoning
- ½ tsp paprika
- ½ tsp Curry powder
- ½ tsp chili powder
- 1 medium onion, finely chopped
- 2 large tomatoes, grated
- 1 bundle of kale, chopped

#### Note:

There is no right or wrong to the kind of meat used into this dish.



### Instructions

- 1 Get your ingredients together. Heat oil in a pan and add the short ribs. Fry until beginning to brown.
- 2 Add beef seasoning, mix, and cook for a further 2 – 3 minutes. Add the boerewors and fry until beginning to brown.
- 3 Add the kidney and salt. Allow to cook for 5 minutes, while stirring regularly.
- 4 In a small bowl add all the seasoning (curry powder, paprika, and chili powder) and mix well.
- 5 Add the liver and cook for another 5 minutes, stirring regularly. Add onion and all the seasoning. Let this cook for about 2 minutes.
- 6 Add tomato and cook for 3 – 5 minutes or until the tomatoes are well cooked. Add veggies and cook for another 5 min. Taste for seasoning and adjust accordingly. Enjoy!