

## Nigerian pepper soup

Ingredient:

2 Bell Pepper

1 Scotch Pepper

Fish of your choice (Salmon)

1 Onion

1 Known Maggi

Pepper soup spice mix (Buy at local Asian store)

Powdered pepper

Potatoes (By choice)

1 tsp of curry powder



Method:

1. Remove scales from fish
2. Add 400ml of water, fish, pepper, bell pepper, onions, pepper soup spice mix, maggi, curry powder into pot,
3. Cook for 5 mins,
4. Wash potatoes and add to the soup,
5. Cook for 15 mins,
6. Enjoy.

supplemented by eating more nuts as snacks.