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### Ingredients

- 4 potatoes cut into cubes
- 1 cup peas
- 1 tablespoon sugar
- 2 tablespoons butter
- 2 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ cups milk
- 1 bay leaf



### Preparation Method

1. Light your **Envirofit Supersaver Charcoal Jiko** using little charcoal.
2. Cover potatoes with water and cook until tender.
3. Boil peas for 15 minutes and add sugar while it boils
4. Melt the butter in a sufuria, stir in flour, salt and pepper.
5. Add in milk and bring to boil for 1 minute.
6. Add the bay leaf and cook till it thickens.
7. Remove the bay leaf and mix the sauce with the drained potatoes and peas in a bowl.
8. Serve and see your family enjoy and want more!