



AFRICAN CHICKEN AND PEANUT CASSEROLE

INGREDIENTS

- 1 ½ tablespoon vegetable oil
- 1 large onion, peeled and chopped
- 2 crushed garlic cloves
- 1 teaspoon fresh minced ginger
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon ground coriander
- 2 red chilli peppers, finely chopped
- 1 bay leaf
- 1 cup sliced cabbage
- 4 chicken breasts on the bone chopped
- 150 g smooth peanut butter
- 500 ml chicken stock
- 200 g tinned chopped tomatoes
- 1 large sweet potato, peeled and chopped into bite-size chunks
- 146 g roughly chopped peanuts

METHOD

1. Heat the oil in a large casserole pot. Add the onion and cook for 5 minutes on a medium heat until soft and golden brown. Add the garlic, ginger, salt, pepper, ground coriander, chilli peppers and bay leaf. Stir all the ingredients together and cook for an additional 5 minutes.
2. Turn the heat up to high and add the chicken pieces to the spice mix. Stir the chicken so that it is coated in the spices and cook for 5 minutes, stirring regularly, until the chicken has turned a golden brown and is sealed on the outside.
3. Add the peanut butter, stock, cabbage, canned tomatoes and sweet potato. Bring to a boil then reduce the heat to low and place a lid on the pan. Simmer for 45 minutes on low, stirring occasionally.
4. After 45 minutes, remove the bay leaf and add in the chopped peanuts. Cook for a further 5 to 10 minutes.
5. Remove from the heat and serve with rice or a side dish of your choice.

High in protein ✓

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PREP TIME 5min
COOK TIME 50min
TOTAL 55min
SERVES 6