

*flavours of africa*

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## AFRICAN CHICKEN AND PEANUT STEW

SERVES 6-8

- 1kg chicken breast, cut in large cubes
- 1 small red capsicum seeded & finely diced
- 1/2 green capsicum, seeded & finely diced
- 1 large sweet potato, cut into cubes
- 2 handfuls spinach, roughly chopped
- 1 tsp cayenne pepper (or to taste)
- 2 tbsp vegetable oil
- 1 tsp salt
- 1 tsp ground black pepper
- 4 cloves, garlic crushed
- 1 onion, finely diced
- 1 garlic clove, minced
- 1 chilli chopped
- 1 litre chicken stock
- 1/2 cup peanut butter
- 1 tbsp tomato paste
- 1 tsp fresh thyme
- 2 tomatoes, seeded & chopped
- parsley or coriander, chopped for garnish
- 1 cup roasted peanuts, chopped to garnish
- 1 inch piece ginger, peeled & grated
- 60ml coconut milk (optional)
- 200g small okra (optional)

Mix together the garlic, cayenne, salt & pepper & a little oil to marinate the chicken. Heat a little oil in a large saucepan, & add chicken in batches & brown on all sides. Transfer browned pieces to a platter or bowl. In the same pan add more oil if needed & add the onion, garlic, ginger, capsicum, thyme & chilli to the pan. Cook for about 5 minutes, until the vegetables are soft. Add chicken stock, tomatoes, tomato paste & chicken & simmer for about 10 minutes.

Add the sweet potato and reduce heat to low & simmer for 10 minutes, add the okra, peanut butter and coconut milk if using. Simmer until the chicken is tender, add the spinach & season to taste. Serve in a casserole dish & garnish with parsley or coriander & chopped peanuts. Serve with spinach salad & rice.

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