

PEANUT SAUCE CHICKEN

INGREDIENTS FOR 4

- 4 chicken thighs
- 2 medium size yellow onions
- 2 garlic cloves
- Peanut oil
- 4 tomatoes
- 400g crushed tomatoes in a can
- 400ml coco milk
- 1 green chili pepper
- 30g soft peanut butter
- 1 bouquet garni
- Crushed peanuts (to sparkle on the chicken at service)
- 3 small Maggi cubes
- Salt & pepper

UTENSILS

- A large pot
- A wooden spatula
- A fork
- A large plate
- A cutting board
- A chopping knife
- A mixing bowl

RECIPE

1. On high heat, brown the chicken thighs with hot peanut oil in the pot for 10mins and flip them regularly.
2. In the meantime, chop onions, garlic cloves, the pepper and dice the tomatoes.
3. Take out the thighs from the pot and set aside on a large plate.
4. Sauté the onions and garlic cloves in the pot, for 3mins and mix.
5. Add the diced tomatoes and the crushed tomatoes and mix for a couple of minutes.
6. Reduce heat.
7. In the mixing bowl, gently mix the coco milk and the peanut butter to obtain a cream.
8. Add the chicken thighs, the coco/peanut cream, the 3 small Maggi cubes, the chopped pepper and the bouquet garni, then season to taste.
9. Cover the pot and cook for 30mins

SIDE DISHES

- Attieke (see next page)
- Plantains (see next page)

ATTIEKE

INGREDIENTS FOR 4 :

- An attieke ball (375g)
- 10ml of lukewarm water
- Salt & pepper
- Spices (optional)
- Butter (optional)

UTENSILS

- A large bowl
- A fork
- A spoon
- Small bowls
- Micro wave adapted bowls (to split and cook the attieke)

RECIPE

1. Break up the attieke ball and crumble it in a bowl with your fingers
2. Mix salt & pepper to taste
3. Mix spices (optional)
4. Wet it and mix it : let it sit up to absorption for 5mns
5. With an adapted bowl, microwave the attieke for 1 minute at max power.
6. Mix it so it looks and feels like steamed semolina
7. Mix with butter (optional)

PLANTAINS

INGREDIENTS FOR 4 :

- 2 plantain bananas (with dark skin)
- 1 small Maggi cube
- Salt & pepper
- Spices (optional)
- 10cl peanut oil
- Water
- Fresh lime juice (optional)

UTENSILS

- A cutting board
- A chopping knife
- A wooden spatula
- A saucepan
- A strainer
- A bowl

RECIPE

1. Cut the ends and peel the plantains
2. Slice them
3. In a saucepan, heat oil and brown the banana slices for 5mns
4. Season with salt, pepper and spices
5. Add water to cover the slices
6. Add a small Maggi cube and mix
7. Cook for 10mns, then reduce heat and cook for an extra 5 to 10mns
8. Strain and serve in a bowl
9. Squeeze lime juice to taste (optional)