

Nigeria – Chilli And Peanut Chicken



DIETARY:
Gluten Free, Diabetic, Coeliacs

MAKING THIS RECIPE

Ingredients

Crunchy Peanut Butter (200 ml)
Crushed Red Chillies (2 tsp)
Ginger Dried (2 tsp)
Dried Shrimps (100 g / 4 oz)
Eggs (4, hard boiled)
Fresh Ginger (2" / 5 cm piece chopped)
Garlic Cloves (4)
Habanero Chillies (½ tsp, finely chopped)
Okra (24 pieces)
Onions (2 large, finely chopped)
Peanut Oil (150 ml / 6 fl oz)
Sea Salt (2 tsp)
Tomato Puree (75 ml / 3 fl oz)
Tomatoes (8, skinned & sliced)
White Peppercorns (½ tspn ground)
Chicken portions - legs, thighs or wings (4)
Water (750 ml)

Method

- 1) Rub the dried ginger and salt over the chicken pieces.
- 2) Heat the peanut oil in a casserole dish. Places the chicken in the dish and brown the pieces. Remove the chicken and keep warm.
- 3) Add the onion and stir-fry for a few minutes until golden. Then add the tomatoes, white peppercorns, habanero chilli, garlic, ginger, shrimps and tomato puree and continue to stir-fry for a few minutes.
- 4) Add the water, crushed red chillies and browned chicken pieces and bring to the boil.
- 5) Make sure that the chicken is covered by the sauce and cover the dish and simmer for 15 minutes.
- 6) Mix the peanut butter with some water to thin it. Add this, along with the okra, to the casserole and cook until the chicken is tender & falling off the bone – around a further 40-60 minutes.
- 7) Serve with cous cous or rice, garnished with sliced hard boiled eggs and some freshly grated ginger.

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INDIAN

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Sayur Lodeh (Indonesian Vegetable Soup)

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