



Afritada

Chicken Afritada is a flavorful tomato-based chicken stew loaded with vegetables like bell peppers, carrots, and potatoes. It's a popular dish in Filipino households and is often served during special occasions.

Recipes

- 1 kg chicken pieces
 - 2 tablespoons cooking oil
 - 1 onion, sliced
 - 3 cloves garlic, minced
 - 1 thumb-sized ginger, sliced
 - 2 green papayas or chayote, peeled and cut into wedges
 - 4 cups water or chicken broth
 - Fish sauce (patis) to taste
 - Pepper to taste
 - 2 cups spinach leaves

Steps:

1. Heat the cooking oil in a large pot over medium heat.
2. Sauté the onion, garlic, and ginger until fragrant.
3. Add the chicken pieces and cook until lightly browned.
4. Pour in the water or chicken broth and bring to a boil.
5. Reduce the heat to low and let it simmer for about 20 minutes or until the chicken is tender.
6. Add the green papayas or chayote and continue simmering until they are cooked but still firm.
7. Season with fish sauce and pepper to taste.
8. Stir in the spinach leaves and cook for an additional 2 minutes.
9. Remove from heat and serve hot with rice.