

# chakula chetu



## FREE RANGE CHICKEN (Ingokho) (Freilandhuhn)

By Margret Kahenda



### INGREDIENTS

- 4 pieces of chicken (Freilandhuhn)
- 1 bunch of spring onions
- 3 medium sized tomatoes
- 1 litre of water
- 1 teaspoon of salt
- 1/4 cup of *musherekha* (indigenous tenderizer)



### PREPARATION

1. Wash the chicken pieces and place in a cooking pan
2. Add onions
3. Stir till brown
4. Add tomatoes and stir
5. Add *musherekha*, (tenderizer) then water
6. Reduce heat and allow it to simmer for 25 minutes to cook.



### NUTRITIONAL BENEFITS:

**Chicken:** Protein, fats, cholesterol sodium, Iron