

chakula chetu



INGOKHO (Free Range Chicken)



INGREDIENTS

- 4 pieces of chicken
- 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 sufuria
2. Add onions
3. Stir till brown
4. Add tomatoes and stir
5. Add *musherekha*, then water
6. Reduce heat and allow it to simmer for 25 minutes to cook.



NUTRITIONAL BENEFITS:

Chicken:

Protein, fats, cholesterol sodium, Iron