

# Chicken Stew (Madagascar)

## Meat Main Meal



This recipe makes  
8 x 110g  
or 6 x 150g  
servings

40 minutes  
(includes 30 mins  
marinating)  
prep time

1 hour  
cooking time

### Ingredients

- 500g Chicken breast, cut into bite size pieces or diced
- 30ml Vegetable oil
- 300ml Canned coconut milk
- 75g Chopped onion
- 150g Chopped tomatoes
- 25g Chopped red pepper
- 2g Crushed clove garlic
- 1g Ground ginger
- 30mls Lemon (1) juice and rind, grated
- 0.75g Ground cayenne pepper
- 5g Vegetable gravy granules (Bisto™)
- 0.5g Black pepper

### Method

1. Marinate the chicken in the lemon juice for 30 minutes. Drain and season with black pepper
2. In a pan, heat the oil, brown the chicken until golden but not cooked through and transfer to a plate
3. In the same pan, fry the onions and garlic until the onions are golden. Add the red pepper and tomatoes and sauté for 3-4 minutes
4. Reduce the heat to simmer and add the coconut milk, gravy granules, lemon rind, ginger and cayenne pepper and return chicken to the pan
5. Cover and cook for around 15 minutes for diced chicken (30 minutes for chicken breasts) or until chicken is tender and sauce has thickened

8 Primary  
or  
6 Secondary  
portions

**Tip =**  
Serve with boiled white and brown rice, or roasted cassava, yams, sweet potato or tomato and onion salad

Low in  
saturated  
fat

Recipe with thanks to Jakefruit (Pamela Lalbachan), cooked and taste tested at Little Ilford School, Newham Catering Services

| Nutritional content | Per 100g | Pri serving | Sec serving |
|---------------------|----------|-------------|-------------|
| Energy kcal         | 118      | 130         | 177         |
| Fat g               | 5.7      | 6.3         | 8.6         |
| Saturates g         | 0.5      | 0.6         | 0.8         |
| Carbohydrate g      | 3.4      | 3.7         | 5.1         |
| NME sugars g        | 1.6      | 1.8         | 2.4         |
| Fibre/NSP g         | 0.3      | 0.3         | 0.5         |
| Protein g           | 13.5     | 14.9        | 20.3        |
| Iron mg             | 0.5      | 0.6         | 0.8         |
| Zinc mg             | 0.5      | 0.6         | 0.8         |
| Calcium mg          | 25       | 28          | 38          |
| Vitamin A ug        | 21       | 23          | 32          |
| Vitamin C mg        | 13       | 14.3        | 19.5        |
| Folate ug           | 7        | 8           | 11          |
| Sodium mg           | 91       | 100         | 137         |