

Huku nedovi (chicken and peanut butter stew) 🇿🇼

Serves 4

1 tbsp olive oil

1 onion, chopped

1 clove garlic

750 g boneless chicken thighs, cut into 5 cm pieces

1 cup chicken stock

2 tomatoes, chopped

½ cup peanut butter

Salt and pepper to taste

1 cup spinach, finely chopped



Heat the oil on medium in a large pan.

Fry the onion until soft.

Add the garlic and cook for two minutes.

Add the chicken and stir to coat.

Pour in the chicken stock and bring gently to the boil.

Reduce the heat to a simmer, cover and cook for 20 minutes.

Add the tomatoes to the pan, stir and cook for a further 10 minutes.

Thin the peanut butter a little by whisking it in a small bowl with some of the cooking liquid.

Add the thinned peanut butter and the spinach to the pan.

Stir and cook for five minutes until the spinach is tender.

Season to taste with salt and pepper.

Serve with sadza!