

## My braised village chicken

'Village chicken' is a Zambian expression for birds that aren't fattened up on chemicals or reared artificially. In Australia, if you purchase a genuinely free-range chicken, you will probably have something close to a village chicken!

*Serves 4*

1 free range chicken, cut into portions

4 tbsp oil

1 red onion, grated

2 large tomatoes, grated

1 tbs tomato paste

1 level tsp salt

Heat the oil on medium-high in a large, heavy-based pot.



Add the chicken in one layer and sear/brown on all sides for about five minutes.

Turn the heat down, cover and continue to brown the chicken in the oil and its own juices for another six minutes.

During this time, turn the chicken pieces once.

Remove the lid, add the grated onion and simmer for one minute.

Add the grated tomatoes, tomato paste and salt, stirring in gently so the chicken doesn't break up.

Cover and simmer the contents of the pot on low for about an hour.

The dish is ready when the chicken is soft and the tomato and onion mixture is 'saucy'.

Serve with [nshima](#).