

# Peanut Butter Chicken

Peanut Butter is widely used in sub saharan cooking. This **Zimbabwean**<sup>1</sup> dish makes the most of it.

## Ingredients

- 2 medium cooking onions
- 30 ml margarine or butter
- 2 cloves garlic
- 5 ml ground chili pepper
- 2 green capsicum (bell peppers)
- 1 medium chicken in portions
- 1 large (14 oz) can of chopped tomatoes
- 100 ml **FAIRTRADE** peanut butter
- 250 g spinach or swiss chard

In a separate pan boil the spinach for a few minutes until cooked, drain, and toss the remainder with the peanut sauce.

## To serve

Serve the stew and greens in separate dishes.

Hungry people will need an extra dish of rice, millet or potatoes.

## Method

### Preparation

Peel the onions and chop fine.

Peel the garlic and crush.

De-pith and chop the capsicum.

De-stalk the spinach.

### Cooking

Stir fry the onions and garlic in the butter until golden brown.

Add the green peppers and the chicken and brown the chicken all over.

Add the onions and 500 ml cold water. Simmer for 10 minutes.

Dilute the peanut butter with a little cooking juice, and add half of the diluted mix back to the pan.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/zimbabwe.htm>