Creamy Chicken Capsicum Stew

Fresh from Wamugunda Farm to your table

Farm Fresh Recipe

20
Prep Time (min)
40
Cook Time (min)
4
Servings
Medium
Difficulty

Ingredients

1 Kg

Free-Range Chicken • 1 Kg

Cut into pieces

2 capsicums

Green Capsicum (Hoho) • 1 Kg

Chopped

Plain Yoghurt • 1 Liter

Natural Probiotic Yoghurt • 1 Liter

1 cup Added for creaminess

1 cup

Cow Milk • 1 Liter

Helps form the stew

2 tbsp

Cold-Pressed Macadamia Oil • 1 Liter

For sautéing

Cooking Instructions

1 Wash and cut the free-range chicken into medium pieces.

Heat 2 tablespoons macadamia oil in a sufuria.

Add chopped green capsicum and sauté for 2–3 minutes until fragrant.

Add the chicken pieces and brown them lightly.

Add 1 cup cow milk and let the mixture simmer.

Add salt, pepper, and your preferred spices.

Reduce heat and stir in 1 cup plain yoghurt to make the stew creamy.

Cover and cook for 25–30 minutes until chicken is tender.

Adjust seasoning and serve hot with ugali, rice, or chapati.

Chef's Tip:

For the best flavor, use fresh ingredients from Wamugunda Farm. Our produce is harvested at peak ripeness to ensure maximum taste and nutrition in every dish!

Wamugunda Farm

Premium organic produce grown with care and delivered fresh
Supporting local farming and sustainable agriculture

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