

# 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

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**1 Kg**

Kienyeji Chicken • 1 Kg

*Cut into pieces*

**2 capsicums**

Green Capsicum (Hoho) • 1 Kg

*Chopped*

**Plain Yoghurt • 1 Liter**

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*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

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**1** Wash and cut the free-range chicken into medium pieces.<br><br>Heat 2 tablespoons macadamia oil in a sufuria.<br><br>Add chopped green capsicum and sauté for 2–3 minutes until fragrant.<br><br>Add the chicken pieces and brown them lightly.<br><br>Add 1 cup cow milk and let the mixture simmer.<br><br>Add salt, pepper, and your preferred spices.<br><br>Reduce heat and stir in 1 cup plain yoghurt to make the stew creamy.<br><br>Cover and cook for 25–30 minutes until chicken is tender.<br><br>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!

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