



Classic Chicken Stew

Ingredients

- pieces Chicken (Boneless)
- tbsp Vegetable Oil
- tsp Thyme
- 1/2 1/2 tbsp Curry Powder
- Medium Onion (Chopped)
- Fresh Tomatoes
- large Red bell Pepper
- MAGGI Chicken
- Fresh Pepper
- L Water
- tbsp tomato puree
- tsp Ginger (Chopped)
- tsp Garlic (Chopped)

Instruction

1. Wash all vegetable (Tomatoes, onion, red bell peppers, fresh pepper) and cut into big chunks. Put the vegetable and herbs into a baking plate and grill in the oven.
2. Fry the cooked chicken in hot oil until brown then remove and keep aside. In the same pot add curry, thyme, ginger and garlic and stir fry for 2 min.
3. Add the tomato paste and allow to fry for 10 min, stirring at intervals.
4. Add 2 MAGGI Chicken, water, grilled vegetables and stir, cover and allow to stew for 15 minutes. Add carrot, sweet corn, green peas and simmer for 5 minutes.

Nutrition

Carbohydrates	19,61 g
Energy	532,74 kcal
Total fat	14,25 g
Fiber	5,51 g
Protein	83,65 g
Saturated Fats	4,43 g
Sodium	915,91 mg
Sugars	11,91 g

50 Minutes

6 Portions