

# Recipe of the Week

## Chicken Poitjie

### Ingredients

- 1 onion quartered
- ½ green pepper
- 20g olive oil
- 10 pieces chicken
- 700g water
- 20g sugar
- 40g chutney
- 20g worcestershire sauce
- 50g tomato paste
- 1 cube chicken stock
- 1 tsp salt
- Mixed vegetables-peeled and quartered (egg: carrots, small potatoes, patty pans, green beans)




### Method

- Chop onions and green peppers for 3 secs /speed 4
- Add olive oil and sauté for 2 mins / 100 /speed 1
- Add the water, sugar and all the condiments and heat for 5 mins / 100 /speed 1
- Add all the vegetables in the TM bowl, and place the chicken pieces in the Varoma dish, and steam for 45 mins / Varoma temp / reverse speed 1
- When completed place chicken and vegetables and sauce into a serving dish and serve with rice and salad



Thermomix

Approved Thermomix Distributor of 



**PORT-A-KITCHEN**

An extra pair of hands in the kitchen

Tel: 011 974 1171

[www.sathermomix.com](http://www.sathermomix.com)