

Less than 30 minutes

Serves 4

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Ingredients:

- 2 tubs (500g each) frozen chicken livers, defrosted and cleaned
- 1 tsp (5ml) paprika (cumin and coriander can work too)
- Juice (30ml) of ½ lemon
- Salt and milled pepper
- 3 Tbsp (45ml) canola oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- ½ tsp (3ml) each ground coriander and turmeric
- 1½ cups (375ml) chicken stock
- ½-1 can (200-400ml) coconut milk
- 2 Tbsp (30ml) chopped fresh coriander or parsley (optional)
- 1 red chilli, deseeded and chopped (a pinch of dried chilli flakes work well too)

Method:

1. Combine livers, paprika and lemon juice. Season.
2. Heat half the oil in a large pan and fry livers in batches for 2-3 minutes per side, then remove from pan.
3. Add remaining oil to pan and fry onion, garlic, ground coriander and turmeric for 3-5 minutes or until onion is golden.
4. Add stock and coconut milk and simmer for 10 minutes or until slightly reduced.
5. Stir through chicken livers and coriander or parsley (if using). Season.
6. Ladle into 4 serving bowls and top with chilli (if using).

Good idea: Add 1 packet (300g) shredded Swiss chard into sauce to bulk up the meal and sneak in some extra greens.

Swaps to try:

- Don't have chicken livers? This flavour combination works well with chicken pieces too.

Double all ingredients and use 1 packet (8 pieces) chicken braai-pack instead. Adjust cooking time to ensure chicken is cooked all the way through.

- Don't have coconut milk? You can use regular cream too or a combination of equal parts milk and plain double-cream yoghurt, thickened with a 5-10ml of cornflour.