

Nopalito Chicken Stew



Serves: 6

METHOD:

*Recipe developed by Taylon Colbert
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 4 nopalitos
 - 1 chicken in portions
 - salt and pepper to taste
 - 15 ml butter
 - 1 onion, chopped
 - 1 clove of garlic, chopped
 - 15 ml olive oil
 - 25 ml chicken stock powder, dissolved in 250 ml boiling water
 - 1 potato, peeled and cubed
 - 2 carrots peeled and cubed
 - 375 ml sliced mushrooms
 - 5 ml salt
 - 5 ml black pepper (freshly ground)
- Clean, remove the glochids and slice the nopalitos into 2 cm x 0.5 cm strips.
 - Sprinkle salt and pepper on the chicken portions.
 - Heat the butter in a frying pan and brown the chicken. Set aside.
 - Heat the oil in the frying pan and sauté the onion and garlic until soft.
 - Transfer the chicken and sautéed onions and garlic to a cast-iron casserole.
 - Add the stock, potatoes, carrots, mushrooms and nopalito strips to the saucepan and allow to simmer for a further 20 minutes until the sauce is thick.
 - Season to taste before serving.

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