EAST AFRICAN · LUNCH · DINNER

Mchuzi wa Kuku (Zanzibar Chicken and Eggplant Stew)

Mchuzi wa kuku na bilingani la kusaga

75 min · Serves 4 · 411 kcal a serve · Video 7:32 in Swahili · Aroma Of Zanzibar & Beyond

Gluten-free ingredients · No dairy listed · No nuts listed

34 g protein, 6 g fibre and 13 g net carbs a serve: chicken simmered in a sauce thickened with blended eggplant and tomato rather than flour, cream or coconut.

Diet notes: Low saturated fat (3.3 g, 7% of the energy); DASH-friendly (500 mg sodium a serve); Paleo with a swap: olive, avocado or coconut oil instead of the oil.

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Ingredients 16 · SERVES 4

- [ ] 1 medium whole **chicken** (about 1.2 kg), skinned and cut into pieces
- [ ] about 5 cloves **garlic**, for 2 tbsp fresh garlic-ginger paste (1 tbsp marinade, 1 tbsp sauce)
- [ ] a 3–4 cm piece **fresh ginger**, for the garlic-ginger paste
- [ ] 1½ tsp **ground black pepper** (1 tsp marinade, ½ tsp sauce)
- [ ] 1½ tsp **chilli powder** (1 tsp marinade, ½ tsp sauce)
- [ ] 1½ tsp **ground coriander** (1 tsp marinade, ½ tsp sauce)
- [ ] 1½ tsp **ground cumin** (1 tsp marinade, ½ tsp sauce)
- [ ] **salt**, to taste
- [ ] **Lime juice**: juice of 2 limes or lemons (1 for the marinade, 1 for the sauce)
- [ ] 1 large **eggplant** (or 3 small)
- [ ] 3 medium **tomatoes**
- [ ] 1 medium **onion**, finely chopped
- [ ] 2 tbsp **tomato paste**
- [ ] 60 ml **oil**, for frying the chicken
- [ ] 1 whole **red hot chilli**, left whole (optional)
- [ ] chopped **coriander leaves**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pound the garlic and ginger to a paste. 0:30
2. Rub the chicken pieces with 1 tbsp of the paste, 1 tsp each of black pepper, chilli powder, ground coriander and cumin, salt and the juice of 1 lime. Cover and leave to marinate. 0:50
3. Boil the whole eggplant until soft, and dip the tomatoes briefly in boiling water so their skins slip off. 2:05
4. Peel the eggplant and blend the flesh to a smooth purée. Peel the tomatoes and blend them too. 2:45
5. Heat the oil in a wide pan and fry the chicken pieces until golden on all sides, then lift them out. 3:36
6. In the same oil, fry the onion until golden, stir in the tomato paste, then the blended tomatoes, and cook until thick. 4:30
7. Add the rest of the garlic-ginger paste and the remaining spices, then stir in the eggplant purée and cook into a thick sauce. 5:20
8. Return the chicken, loosen the sauce with some water, add the whole chilli and the second lime's juice and simmer until the chicken is cooked through. Scatter with coriander and serve. 6:05

> **Tip** Serves 4 (our estimate). Served in Zanzibar with rice, chapati or ugali; cauliflower rice keeps it lower in carbs. The blended eggplant thickens the sauce without flour or cream.

The method is a summary in our words, in English — the video (in Swahili) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
411 kcal 1,720 kJ	**34** g 69% of a day	**19** g 13 g net · 8.9 g sugars 7% of a day	**6.1** g 22% of a day	**23** g 3.3 g saturated 29% of a day	**500** mg 22% of a day

Energy from net carbs 13% · protein 34% · fat 53% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 82% · Selenium 59% · Vitamin B6 48% · Vitamin C 31% · Vitamin E 26% · Zinc 23% · Vitamin K 23% · Potassium 21%

Source of (10–19%) Iron 18% · Magnesium 16% · Vitamin B12 15% · Folate 13% · Vitamin A 10%

Recipe and video: Aroma Of Zanzibar & Beyond (@aromaofzanzibar) on YouTube — youtube.com/watch?v=M87ce0f1nQQ, published 8 February 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mchuzi-wa-kuku-na-bilingani