WEST AFRICAN · DINNER

Chicken Maafe (West African Peanut Stew)

100 min · Serves 5 · 539 kcal a serve · Video 5:13 · W2 KITCHEN

Gluten-free ingredients · No dairy listed

Peanuts bring plant protein, fibre, vitamin E and mostly unsaturated fat, while sweet potato, carrot and cabbage add beta-carotene, vitamin C and potassium. Unsalted peanut butter and no stock cubes keep sodium in check.

Diet notes: Low saturated fat (5.3 g, 9% of the energy); DASH-friendly (580 mg sodium a serve).

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Ingredients 14 · SERVES 5

- [ ] 800 g **bone-in chicken thighs**, skin removed
- [ ] 20 g **neutral oil**
- [ ] 300 g **onions**, thinly sliced
- [ ] 10 g **garlic**, crushed
- [ ] 30 g **tomato purée** (optional)
- [ ] 6 g **salted anchovies**, mashed (or fish sauce)
- [ ] 180 g **natural peanut butter** (unsalted; or peanut powder)
- [ ] 300 g **sweet potato**, in large chunks
- [ ] 150 g **carrots**, in thick slices
- [ ] 200 g **white cabbage**, large squares (optional)
- [ ] 1 **scotch bonnet**, pierced once (optional, removed before serving)
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] about 700–800 g **water**, added in stages

Allergens found in the listed ingredients: Fish, Peanut. 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. Heat the oil over medium heat and sear the chicken in a single layer just until pale golden on both sides, without browning deeply. Lift it out and spoon off excess fat. 0:39
2. Lower the heat and cook the onions gently until soft, translucent and sweet but not coloured. Add the garlic briefly, then the tomato purée and mashed anchovies, and cook until blended. 1:28
3. Return the chicken, add water to almost cover, season lightly and drop in the whole scotch bonnet. Cover and simmer gently for 30 minutes. 2:47
4. Put the peanut butter in a bowl and whisk in hot cooking liquid a ladle at a time until you have a smooth, thick paste. Stir it back into the pot. 3:13
5. Add the sweet potato and carrot and simmer uncovered for 20 minutes, stirring now and then. Only add more water if it gets too thick. 4:00
6. Add the cabbage and cook 10–15 minutes until tender. When a little oil separates on top, turn off the heat, remove the chilli, adjust the seasoning and rest 10 minutes. Serve with rice. 4:26

> **Tip** The cook serves it with plain white rice; brown rice or millet work too. Fish sauce can replace the anchovies, or leave them out. Keeps 3 days in the fridge and freezes well.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
539 kcal	**36** g	**31** g	**8.3** g	**32** g	**580** mg
2,260 kJ	72% of a day	23 g net · 12 g sugars	30% of a day	5.3 g saturated	25% of a day
		11% of a day		41% of a day	

Energy from net carbs 18% · protein 27% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin A 95% · Vitamin B6 48% · Selenium 48% · Vitamin C 40% · Zinc 37% · Vitamin K 37% · Vitamin E 33% · Folate 33% · Magnesium 28% · Omega-3 28% · Potassium 23% · Vitamin B12 23% · Iron 22%

Recipe and video: W2 KITCHEN (@w2kitchen) on YouTube — youtube.com/watch?v=SlevoUCbUWk, published 15 February 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/w2-chicken-maafe-peanut-stew