



Chicken Mulukhiyah with Tamer Hindi

Ingredients

- 50 g Tamarind paste
- 1 cup Hot Water
- 2 tbsp Olive oil
- 500 g Skinned chicken breast fillet, cut into cubes
- 4 Mediums Onions, finely chopped
- 6 Cloves Garlic, finely chopped
- 1.5 cups Coriander leaves, chopped
- 500 g Mulukhia
- 1 piece Cinnamon stick
- 2 cups Hot Water
- 2 cubes Maggi® Chicken Bouillon

Instruction

1. Dissolve MAGGI® Chicken Bouillon cubes in 500 ml hot water and set aside.
2. Dissolve Tamer Hindi in 250 ml hot water and set aside.
3. Heat olive oil in a large pot; add and fry chicken until half cooked. Add onions and fry until chicken is fully cooked and onions are golden brown.
4. Add garlic, coriander, thawed mulkhiya and saute for 3-4 mins on medium heat.
5. Add chicken stock and cinnamon stick, stir and bring mixture to a boil.
6. Strain Tamer Hindi mixture through a sieve and discard any solid pieces, add mixture to pot and simmer on low heat for 45 mins.
7. Serve hot with a bed of white or Egyptian rice. Serving Tip: for a more sour taste increase the amount of Tamer Hindi.

Nutrition

Carbohydrates	20.57 g
Energy	269.66 kcal
Fats	8.43 g
Protein	31.36 g

🕒 120 Minutes

⊕ 6 Servings