



Tashreeb Dajaj

Ingredients

- 3 tbsp Vegetable oil
- 1500 g Whole chicken
- 45 g Tomato Paste
- 3 Mediums Tomato with juice
- 4 Cloves Garlic, finely chopped
- 3 pieces Dried lime
- 2 cubes MAGGI® Chicken Bouillon
- 3.5 cups Water
- 8 Smalls Onions, finely chopped
- 1 Medium Potato
- 1 cup Chickpeas
- 2 pieces Loaves of Iranian bread

Instruction

1. Heat vegetable oil in a large non-stick saucepan, add and cook chicken pieces for 8-10 mins until chicken changes to golden brown. Add tomato paste and stir for 3 mins.
2. Add tomato puree, garlic cloves, dried lime, MAGGI® Chicken Bouillon cubes, baby onion and water. Bring to a boil and simmer uncovered for 10 mins over low heat.
3. Add potato and chickpeas and simmer for 20 mins or until vegetables and chicken are cooked through.
4. Place the bread pieces over a large serving plate and pour on the stew sauce to soak the bread, then place the remaining of the stew on top.

Nutrition

Carbohydrates	54.63 g
Energy	757.51 kcal
Fats	34.78 g
Protein	60.17 g

🕒 45 Minutes

⊕ 6 Servings