

NOZIPHO KHUMALO'S JUICY PEPPER CHICKEN

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4 - 6 people



INGREDIENTS

Approximately 8 chicken thighs and drums (skin on)

1 tablespoon freshly ground black pepper

2 tablespoons olive oil

1 teaspoon soy sauce

1 teaspoon crushed garlic

1 red bell pepper, sliced

1 green bell pepper, sliced

1 teaspoon paprika

½ cup low-sodium chicken stock

1 tablespoon Royco black pepper sauce

INSTRUCTIONS

1. Coat chicken thighs in black pepper and place in a cast iron Megamaster 300 round pan. Sauté in olive oil over medium heat, turning frequently until chicken is no longer pink.
2. Drizzle soy sauce over chicken pieces and turn to brown pieces on all sides. Remove from pan and set aside.
3. In the same pan, add garlic and fry for about a minute.
4. Add peppers and sauté.
5. Add in paprika and stir until all ingredients are nicely combined.
6. Add stock and chicken thighs and allow to simmer gently until chicken is cooked through.
7. Stir in pepper sauce and simmer gently for about 5 minutes.
8. Garnish with parsley and serve with rice (optional).

Together, made better, with you:
