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Chicken and Vegetable Potjie

A Potjie is a slow cooked stew cooked in a cast iron potjie pot. This pot is from south africa but any large pot can be used. The potjie pot is a three legged pot traditionally used outdoors, however ones with no legs can be used on a hob. This recipe is a well balanced meal packed with Therapeutic food for digestion including garlic, kale/spinach and bone broth

Makes 8 servings

Ingredients

- 1Tbsp coconut oil
- 16 skinless chicken thighs
- 1 Tbsp Curry Powder
- 2 garlic cloves
- 2 large onions, diced
- 2 large carrots
- 2 large courgettes, sliced
- 1 large bunch kale or spinach
- 2 cups rice
- 2 Tbsp good quality curry paste
- 400g organic chopped tomatoes
- 2 cups organic bone broth
- 400ml coconut cream
- Salt and pepper and chilli (optional) for seasoning



Directions

1. Warm the potjie or large cast iron pot until hot. Add oil and coat the base. Add chicken thighs in batches. Sprinkle with curry powder. Cook the chicken thighs until brown on both sides (you may have to do 2/3 batches)
2. Remove chicken and add Onions, Garlic and saute. Add carrots and courgettes and allow to simmer for 5 minutes, Add kale or spinach and cook for 1 minute. Spoon out into a separate bowl.
3. Layer the potjie. 1) place half of the chicken, 2) sprinkle with half the raw rice, 3) add half of the vegetable mixture. Repeat the layers once more.
4. In a separate bowl mix Curry Paste, tomatoes, Bone broth and coconut cream. Pour down the side of the pot. Cover with a tight fitting lid and cook slowly over moderate heat for 1 ½ hours.

