

Muamba Chicken (Muamba de Galinha)



Muamba Chicken aka Muamba de Galinha – An aromatic Angolan Chicken Stew , flavored with garlic , chilli , vegetables and cooked in palm oil.

Course	Main
Cuisine	African
Prep Time	10 minutes
Cook Time	35 minutes
Total Time	45 minutes
Servings	5 - 6
Calories	467kcal
Author	Imma

Ingredients

- 3 – 3 1/2 pound chicken cut in pieces
- Juice ½ lemon optional
- 1 teaspoon white pepper
- 1 teaspoon [minced garlic](#)
- ½ teaspoon dried thyme
- 1 teaspoon salt
- ½ teaspoon [smoked paprika](#)
- ½ teaspoon chicken bouillon powder
- ¼ cup canola oil
- ¼ cup palm oil
- 4-5 garlic minced
- 2-3 onions sliced
- 2 tomatoes diced
- 1 teaspoon white pepper
- 1 teaspoon [smoked paprika](#)
- Whole hot pepper pierced chili, Scotch bonnet
- ½ -1 pound butternut squash cut into large cubes
- 18-20 Okra sliced in half
- 2 cups or more chicken broth or water
- Salt to taste

Instructions

1. Place chicken in a large bowl or saucepan, rub with lemon juice ,
 2. Then add salt, garlic, thyme, white pepper and chicken bouillon.
 3. Mix chicken with a spoon or with hands until they are well coated, set aside.
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4. When ready to cook, heat up large saucepan with palm and canola oil, then add chicken, brown both sides for about 4-5 minutes.
5. Add garlic, chili pepper and smoked paprika, stir for about a minute then add onions and tomatoes, sauté 2-3 minutes until onions is translucent.
6. Add chicken stock if necessary to prevent any burns
7. Next add chicken stock or water (about 2 cups or enough to cover chicken. Add chicken bouillon, and squash. Bring to a boil and let it simmer until sauce thickens, it might take about 20 or more depending on the type of chicken used. Throw in okra, continue cooking until desired texture is reached about 5 minutes or more
8. Adjust for salt, pepper and stew consistency.
9. Serve warm with Cornmeal mash or rice.

Notes

1. You may substitute butternut squash with pumpkin, or sweet potatoes.
2. I throw in the okra towards the end, because I like the it slightly crunchy.

Nutrition

Calories: 467kcal | Carbohydrates: 14g | Protein: 59g | Fat: 18g | Saturated Fat: 6g | Cholesterol: 174mg | Sodium: 841mg | Potassium: 1378mg | Fiber: 3g | Sugar: 3g | Vitamin A: 5510IU | Vitamin C: 26.9mg | Calcium: 88mg | Iron: 2.1mg
