

# MIYAN KUKA and TUWON SHINKAFA

## Ingredients

- 500g chicken chunks (you can also use beef or lamb up to you)
- 1 Packet MAGGI Signature Miya
- 1/2 cup Oil, palm
- 1/2 tsp Thyme
- 1/2 tsp Black pepper powder
- 1 Scotch bonnet
- Onions, raw
- 1/2 tsp Kaun “potash”
- 1 tsp Baobab Powder (kuka)
- 1 tsp Ghee Butter (Man Shanu)

## Instruction

1. Pour the tuwon shinkafa on a tray and pick it for stone
2. wash it well and put on fire with two times the quantity of the rice and cook till its properly cooked and you then mash with mucciya (wooden spatula) and you are good.
3. Wash your meat thoroughly with lime or lemon to get all the bacteria out.
4. Then place in a pan, add onions, Maggi cubes and thyme then bring to boil (sometimes I like to add a bit of ginger and garlic too, again entirely up to you).
5. Now some people fry their meat before proceeding but I chose to grill mine (healthier option).
6. So once you’ve boiled the meat for about 10 mins you can grill it for about 20 mins. Now you should have the stock from when you boiled the meat.
7. Place it back on the heat and bring to boil then add the palm oil and let it simmer for about 5mins.
8. After that, add the baobab, whisking it in then add the potash. This makes it a little bit thicker and makes it draw a little bit more.
9. Once you’ve done this, add the grilled meat to the mixture and mix it well then let it simmer on low heat for about 10 mins.
10. Lastly add about 2 tablespoons of ghee butter and let it simmer for a couple more minutes.
11. Get a separate pan, add the other 2 tablespoons of ghee butter with some onions once the oil heats up.
12. Then take off heat once the onions are nice and soft, you can drizzle this over the soup if you like ghee butter (man shanu). Tastes Amazing!! So there you have it!

Nutrition		80 Minutes
Carbohydrates	5,1 g	
Energy	382,65 kcal	
Total fat	24,94 g	
Fiber	0,85 g	
Protein	33,49 g	
Saturated Fats	10,72 g	
Sodium	195,12 mg	
Sugars	2,35 g	