



Simply  
GOOD

# CHICKEN FLAVOUR

Cookbook





# Spaghetti and Gizzard Sauce

 13 min



## INGREDIENTS

- 4 Mediums Red Bell Pepper
  - 4 Mediums Red Pepper (tatashe)
  - 6 Mediums Green Bell Pepper
  - 2 large Carrots (Diced)
- 500 g Chicken, gizzard, all classes, raw
  - 1 bunch Spring onion
- 16 g MAGGI Chicken Cube
  - 0,5 tbsp Masala
  - 0,5 tbsp Garlic Powder
  - 0,5 tbsp Spices, ginger, ground
  - 0,5 tsp Thyme, fresh
  - 4 tbsp Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)
- 0,5 cup Pasta, dry, enriched
  - 1 large Onions (Chopped)
  - 2 pieces Peppers, hot chili, red, raw
  - 2 pieces Fresh Pepper

## STEPS

1. Heat up on medium heat add oil allow for 2 mins, add onion and allow to fry until light brown.
2. Add in pepper blend and fry for 3mins. Add in curry and thyme
3. Add gizzards, MAGGI Chicken and mix well to coat in sauce. Add water and allow to simmer.
4. Add carrots and bell peppers and mix well, then add spring onions, mix and allow to simmer for 2mins.
5. Serve with spaghetti

## NUTRITION VALUE

Energy 264,61 kcal, Total fat 11,89 g, Fiber 5,8 g, Protein 18,48 g, Saturated Fats 1,24 g, Sodium 86,15 mg, Sugars 9,34 g





## Peanut and Coconut Jollof

 75 min

### INGREDIENTS

- 4 tbsp Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)
- 1 Medium Onions (Chopped)
  - 1 tbsp Tomato Paste
- 3 Mediums Fresh Pepper
- 4 Mediums Fresh tomatoes (Chopped)
  - 2 Mediums Red Pepper (tatashe)
- 3 cups Rice, white, long-grain, regular, raw, unenriched
- 2 cups Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2
- 4 tbsp Peanut butter, smooth, reduced fat
- 3 MAGGI Chicken Cube
- 1 cup roasted peanuts/groundnut paste
- 1 tsp Chopped Ginger
- 1 tsp Chopped Garlic
  - 1 tbsp Masala
  - 2 tbsp Thyme

### STEPS

1. Wash and parboil rice and set aside.
2. In a large pot, heat the vegetable oil over medium heat. Add the chopped onion and ginger & garlic paste then saute until translucent.
3. Add the blended pepper mixture (tatashe, and rodo) and cook for few minutes.
4. Add the curry, thme, maggi chicken and stir. Now the diced tomatoes and allow to cook for up to 5 minutes, stirring occasionally.
5. In a separate bowl, whisk together the coconut milk, peanut butter and chicken broth until well combined and pour into the pot.
6. Allow to boil then add the parboiled rice and stir.
7. Add one more maggi chicken, stir then cover and pot and allow to cook on a very low heat for about 10mins till the rice is cooked.
8. Garnish with some peanuts and coconut flakes.

### NUTRITION VALUE

Energy 690,36 kcal, Carbohydrates 93,88 g, Total fat 28,4 g, Fiber 6,26 g, Protein 17,53 g, Saturated Fats 5,21 g, Sodium 94,98 mg, Sugars 8,41 g



# Seafood Fried Rice

 17 min



## INGREDIENTS

- 4 tbsp Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)
- 1 large Onions (Chopped)
- 1 large Red Bell Pepper
- 1 large Green Bell Pepper
- 2 tbsp Peppers, hot chili, red, raw
- 4 cups Rice, white, long-grain, regular, raw, enriched
- 2/1 tsp Thyme, fresh
- 16 g MAGGI Chicken Cube
- 2 cups Prawns
- 5 Sausage, meatless
- 1 cup Spring onion
- 4/1 tsp Oil, sesame, salad or cooking
- 2/1 tsp Spices, ginger, ground
- 2/1 tsp Garlic Powder
- 100 g Mollusks, squid, mixed species, raw

## STEPS

1. In a sauce pan, heat the oil and add onions, fresh pepper, ginger and garlic, and fry.
2. Add the shrimps, calamari, sausages, peas, carrots and sweet corn and fry.
3. Add MAGGI Chicken, rice and stir fry. Add bell peppers, spring onions and stir fry. Allow to cook for sometime.
4. Add some drop of sesame oil, stir and saver hot.

## NUTRITION VALUE

Energy 666,15 kcal, Carbohydrates 109,12 g, Total fat 16,65 g, Fiber 4,47 g  
Protein 19,23 g, Saturated Fats 1,95 g, Sodium 301,63 mg, Sugars 3,74 g





# Roast Chicken and Pan-seared Potatoes

 80 min

## INGREDIENTS

- 2/1 kilogram Chicken, skin (drumsticks and thighs), raw
- 4 pieces Peppers, hot chili, red, raw
  - 2 tbsp Olive Oil
- 2/1 tsp Garlic Powder
- 1 tsp Spices, paprika
  - 2/1 tsp Thyme
- 2 MAGGI Chicken Cube
  - 2 Potatoes, raw, skin
  - 2 cups Parsley, fresh
  - 2 large Carrots (Diced)

## STEPS

1. Marinate the chicken pieces with MAGGI chicken, pepper, garlic powder, and paprika.
2. Heat olive oil in an oven-safe pan over medium-high heat and sear the chicken on both sides until golden brown.
3. Sprinkle any fresh herbs over the chicken and transfer the pan to the preheated oven to complete the cook.
4. Heat olive oil in a separate pan over medium heat.
5. Add the potato wedges ensuring they are in a single layer and season with Maggi chicken, pepper, and paprika.
6. Cook until the potatoes are golden brown on both sides, flipping occasionally. If needed, cover the pan to help the potatoes cook through.
7. Garnish with fresh parsley before serving

## NUTRITION VALUE

Energy 440,3 kcal, Carbohydrates 7,1 g, Total fat 41,95 g, Fiber 1,86 g  
Protein 9,5 g, Saturated Fats 10,86 g, Sodium 855,5 mg, Sugars 855,5 mg

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**CHOOSE THE  
STAR**





# Carrot Rings Jollof

 50 min

## INGREDIENTS

- 3 tbsp Vegetable Oil
- 1,5 Onions (Chopped)
- 4 Fresh tomatoes (Chopped)
  - 0,5 tsp Masala
  - 0,5 tsp Thyme
- 5 MAGGI Chicken Cube
- 0,5 tsp Chopped Garlic
  - 4 cups Water
  - 4 cups White Rice
- 1 Large scoop Green Peas
  - 3 tbsp Sweet Corn
- 2 Mediums Carrots (Diced)
  - 1 Red Bell Pepper
  - 1 tbsp Bay leaf

## STEPS

1. Wash and cut the vegetables (1 onion, tomatoes, red bell pepper) into chunks. Blend all until smooth. Add into a pot and steam until dry. Remove and transfer into a bowl then set aside. Wash carrot and cut into dice. Place it in a bowl with sweet corn and green peas as well then keep aside.
2. Slice the remaining onion. Heat oil up, add the sliced onion, curry, thyme, bay leaf, chopped ginger, chopped garlic then stir fry for 3 minutes. Add the steamed and blended tomatoes, red bell pepper, and onion. Fry for 7 minutes stirring at intervals.
3. Add water and 5 MAGGI Chicken Cubes, then allow to boil. Add the rice and stir properly. Cover and allow to cook for 20 minutes. Add the carrot, green peas, sweet corn, stir and cover. Simmer for 5 minutes at reduced heat.

## NUTRITION VALUE

Energy 294,61 kcal, Carbohydrates 54,69 g, Total fat 5,16 g, Fiber 5,03 g, Protein 7,4 g, Saturated Fats 1,65 g, Sodium 106,85 mg, Sugars 8,98 g

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## Pasta Peppersoup For Kids

 38 min



### INGREDIENTS

- 1 Medium Smoked Chicken
- 3 Fresh tomatoes (Chopped)
  - 1 Onions (Chopped)
  - 4 Cloves Chopped Garlic
- 2 Mediums Carrots (Diced)
  - 4/1 piece Leek
  - 2 cups Green Beans
  - 100 g Spaghetti
  - 1 L Water
- 5 MAGGI Chicken Cube

### STEPS

1. Clean and cut the vegetable: leek, carrot and green bean and reserve
2. Place a pan on fire and heat the oil. Add the chicken and cook until golden. Blend tomatoes, garlic, onion, 1 MAGGI Chicken. Pour the blended vegetable in a pot, bring to simmer for 10 minutes.
3. Add water, cut vegetable: (carrot, green bean, leek) and the pasta, 1 MAGGI Chicken. Bring to boil for 15 minutes and simmer for 5 minutes

### NUTRITION VALUE

Energy 685,58 kcal, Carbohydrates 50,36 g, Total fat 39,86 g, Fiber 5,55 g, Protein 32,4 g, Saturated Fats 8,11 g, Sodium 1034,71 mg, Sugars 6,03 g

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# Pasta Alfredo

 60 min



## INGREDIENTS

- 600 g Spaghetti
- 1 tbsp Olive Oil
- 1 tsp Chopped Garlic
- 500 mg Heavy Cream
- 1 cup Cheese
- 1 tsp Black pepper powder
- 1 Parsley, fresh
- 5 MAGGI Chicken Cube
- 20 Prawns

## STEPS

1. Season prawns with 1 MAGGI Chicken and black pepper then put a saucepan on fire and add oil. Add prawns and fry for 4 minutes. Add garlic to pan. Remove cooked prawns from pan and keep covered. Make instant stock with another MAGGI Chicken and water.
2. In sauce pan add uncooked pasta, heavy cream, stock, water and bring to boil. Stir and reduce heat. Cover and allow to simmer until cooked while stirring at regular interval.
3. Add cooked prawns, black pepper, cheese and stir. Garnish with fresh parsley. Serve hot.

## NUTRITION VALUE

Carbohydrates 77,56 g, Energy 543,97 kcal, Total fat 11,47 g, Fiber 3,36 g, Protein 30,46 g, Saturated Fats 4,54 g, Sodium 228,59 mg, Sugars 3,75 g

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## Chicken Okro Soup

 16 min



### INGREDIENTS

- 2 tbsp Palm Oil
- 1 Onions (Chopped)
- 20 Fingers of Okro
- 5 MAGGI Chicken Cube
- 250 mL Water
- 1 Smoked Chicken
- 1 tsp Chopped Garlic
- 2 tsp Chopped Ginger
- 1 bunch Spinach
- 1 tbsp Crayfish Powder

### STEPS

1. Finely chop the okro. Put a pan on fire and add 2 spoons of red palm oil, add the chopped okro and stir fry. Put aside.
2. In the pot, add deboned smoked chicken, chopped onion, ginger, garlic, crayfish powder, water and 5 MAGGI chicken cubes. Allow to cook for 10 minutes. Add okro and stir. Add the chopped leaves and simmer for 3 minutes.
3. Add the cooked okro to the stew base, stir and allow cooking for 2 minutes. Serve with Banku/ Eba/ fufu/ rice.

### NUTRITION VALUE

Energy 139,53 kcal, Carbohydrates 9,9 g, Total fat 7,13 g, Fiber 3,23 g  
Protein 10,36 g, Saturated Fats 3,06 g, Sodium 62,03 mg, Sugars 2,83 g

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# Potatorita and Veggie Chicken Sauce

 105 min



## INGREDIENTS

- 1 kilogram Potatoes, raw, skin
- 6 large Egg, white, raw, fresh
  - 8 g MAGGI Chicken Cube
  - 3 cups Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)
- 1 large Onions (Chopped)
  - 2/1 tsp Spices, ginger, ground
  - 2/1 tsp Garlic Powder
- 5 pieces Peppers, hot chili, red, raw
- 6 Mediums Fresh tomatoes (Chopped)
  - 3 pieces Chicken breast tenders, breaded, cooked, microwaved
- 8 g MAGGI Signature Jollof
- 10 g MAGGI Chicken Tablet 24(60x10g) CI-SP
  - 2 large Carrots (Diced)
  - 1 large Red Bell Pepper
  - 1 Medium Red Pepper (tatashe)
  - 1 g Green Bell Pepper

## STEPS

1. Peel Irish potato and slice into halves.
2. Cook peeled potatoes in seasoned water until soft.
3. Allow cooked potatoes to cool under cold running water.
4. Beat your eggs.
5. Put the cooked potato into the egg and deep fry until golden brown.
6. In a pan, add vegetable oil and allow to heat.
7. Add onions and allow to fry.
8. Add ginger and garlic paste, roughly blended pepper and tomatoes.
9. Add grilled chicken breast, MAGGI chicken tablet and signature jollof. Stir and allow to cook.
10. Add chopped carrots and red bell peppers.
11. Stir and allow to simmer

## NUTRITION VALUE

Energy 202,14 kcal, Carbohydrates 34,97 g, Total fat 2,81 g, Fiber 7,44 g  
Protein 11,43 g, Saturated Fats 0,5 g, Sodium 403,54 mg, Sugars 403,54 mg



*Cook the  
Difference*