



Creamy Amasi Chicken Livers

Serves: 8

INGREDIENTS

500 g fresh chicken livers, washed and cleaned

75 ml cooking oil

½ cup onion, finely chopped

2 Tbsp garlic, finely chopped

Seasoning: 2 Tbsp paprika, 2 Tbsp cumin, 2 tsp dried herbs, 1 tsp coarse black pepper

1 cup tomato puree

½ cup chicken stock

2 cups amasi (500 ml)

½ lemon

Fresh parsley, finely chopped

METHOD

1. In a pan heat the cooking oil.
2. Once the cooking oil has heated add the finely chopped onions to the pan and sauté till the onions are cooked and translucent.
3. Add the chopped garlic to the cooked onions and sauté for a couple of minutes, ensuring the garlic does not burn.

4. Add the cleaned chicken livers and the seasoning to the onion and garlic, stirring well to ensure everything is well combined.
5. Sauté while stirring until the chicken livers start to brown.
6. Pour in the tomato puree and the chicken stock. Bring to a boil, then reduce the heat to a simmer. Allow the livers to simmer for 10 to 15 minutes, topping up with water if required.
7. Add the amasi and stir, then leave to simmer until the livers are tender.
8. Finish off by squeezing in the juice of half a lemon and some freshly chopped parsley before serving.
9. Served with some fresh flat bread and salad.

Nutrition Facts

Serving size: 210 g	Per 100 g	Per serving
Energy (kJ)	574	1196
Protein (g)	9	19
Fat (g)	8	16,5
Carbohydrates (g)	6	13
Calcium (mg)	52	109
Sodium (mg)	167	351
Fibre (g)	2	4



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