



# TASTE THE WORLD

## IDRISSA CAMARA'S KANSYÉ

### INGREDIENTS:

Can be made with chicken, lamb or fish. (For chicken, 4 people will need 1 whole chicken or 6 chicken thighs)

2 large onions, diced

8 medium plum tomatoes, diced

1 tbsp peanut butter

1 hot red chili, finely chopped

1 bunch of parsley

1 small yam (sweet potato), diced

2 carrots, diced

Tomato puree

Basmati rice

4 okra, chopped (optional)

Pineapple juice to serve

### INSTRUCTIONS:

1. Fry chicken in red palm oil to seal the flavour

2. Chop onions, tomatoes, yam, chilli and carrots. Add to bowl to mix.

3. Add peanut butter, parsley and tomato puree, and mix all ingredients together.

4. Fry together in red palm oil in a pan, add the chicken. Alternatively, if you have chosen fish, chose a fish that holds together well and add towards the end of the cooking so that it does not disintegrate.

5. Add approx 1 litre of water and simmer for 40 mins.

6. Chop and boil okra with the basmati rice and serve.