



MALAWI / MALAWI

NSIMA WITH BOILED CHICKEN AND PUMPKIN LEAVES BUTTERED WITH PEANUT POWDER BY THE CHEF SINOYA JIKA (1 YEAR IN CIS MALAWI)

Ingredients

Pumpkin Leaves - 2 ripe medium sized
tomatoes - 300g fresh pumpkin leaves -
100g groundnut powder - A pinch of salt
- Local Chicken - 1 full Organic Chicken
(cut in about 8 pieces or more) - 250 –
400 ml water - ¼ Teaspoon of salt - One
big Onion chopped - Nsima (Pap or
Sadza) - 500g maize flour - 500ml water



Instructions

1. *Nsima* – Boil the water, after it has boiled, start adding the millet flour until it is hard but still soft at the touch.
2. Cover the pot and let it simmer for about 1-2 minutes then serve it in a plate while hot.
3. *Pumpkin leaves* – Wash/Clean all the ingredients. Peel the stem of the vegetables and cut them in small pieces.
4. Boil water and add a pinch of salt. Put the leaves in the pot after the water has boiled.
5. After about 3-5 minutes, flip the vegetables and add tomatoes and the groundnut powder.
6. After 5 minutes stir the vegetables and keep stirring until they are soft and fully cooked.
7. *Local Chicken* – Put all the chicken parts in a pot together with the water and add onions and tomatoes.
8. Cover the pot and let the chicken boil for about 20 – 25 minutes until the chicken is soft and tender. Serve while hot.



About the chef

Sinoya Jika is a 35-year-old chef who joined CIS Malawi in 2021.

He is very creative in making his dishes and has an unmatched speed in the kitchen. Prior to joining CIS, he worked for many companies such as Mota Engil, Steers and the National Bank of Malawi, to name a few. He has over 15 years of experience in his field.