



# A FLAVOURFUL CHRISTMAS WITH MAGGI



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# Peri Peri Grilled Boneless Chicken

 90 min



## INGREDIENTS

- 1 Red bell Pepper
- 5 Fresh Chilli
- 1 Medium Onion (Chopped)
- 10 sprigs lemon basil leaves
- 7 Cloves Garlic (Chopped)
- 1 tsp Black Pepper powder
- 1 tbsp Oregano
- 1 tbsp Cayenne pepper
- 8 tbsp Olive Oil
- 3 tbsp Lemon juice, raw
- 8 pieces Chicken (Boneless)
- 2 Tablets MAGGI Chicken

## STEPS

1. Pour the charred red bell pepper into a blender, add red chilli, onion, basil, garlic, black pepper corn, oregano, cayenne pepper, lemon juice, olive oil blend into a smooth mixture - 5minutes
2. Transfer your chicken to a large mixing bowl, pour your peri peri sauce on the chicken, sprinkle 2 MAGGI chicken tablet on it and massage the sauce in - 5minutes.
3. Wrap the bowl with cling film and refrigerate for an hour or more.
4. In a preheated oven, grill the chicken in a skillet at 180degrees for 20 minutes. Serve with sautéed vegetables and any side of your choice.

## NUTRITION VALUE

Energy 598,8 kcal, Carbohydrates 8,23 gm, Total fat 27,44 g, Fiber 1,62 g  
Protein 81,38 g, Saturated Fats 5,25 g, Sodium 424,05 mg, Sugars 3,87 g



# Chicken Jollof

 90 min



## INGREDIENTS

- 3 cups Rice
- 400 g tomato puree
- 3 tbsp Curry Powder
- 2/1 cup Fresh Pepper
- 1 Medium Onion (Chopped)
- 1 tbsp Black Pepper powder
- 1 tbsp dried rosemary
- 1 tbsp Spices, anise seed
- 1 sprig Onion
- 2 Cloves Garlic (Chopped)
- 2 MAGGI Chicken
- 2 cups Water
- 5 tbsp Corn oil
- 1 tbsp Paprika
- 50 g Chicken thigh
- 50 g Beef, New Zealand, imported, variety meats and by-products, kidney, raw

## STEPS

1. Using a blender, blend scotch bonnet, onions, pepper corns, anise seeds, dried rosemary, spring onions, garlic, and a splash of water.
2. In a sauce pot on medium high heat, add the oil and allow to heat up. When hot, add in sliced onions, blended pepper mix and salted beef, fry constantly mix until it turns golden brown, then add in tomato puree. Allow to simmer for 10min or until the paste darkens, occasionally stirring to avoid the base from burning.
3. After 10min add in curry powder and MAGGI Chicken tablets, mix and bring to a simmer.
4. Whiles the sauce base cooks, season chicken with soy sauce, oyster sauce, chilli powder, complete seasoning mix, MAGGI chicken then set aside to marinate. Fry on medium high heat until golden brown. Take it off from the heat and set aside.
5. Wash rice several times until the water is clear and pour onto the tomato sauce and mix. Pour 2 cups of water and mix. Cover and allow to cook. Stir occasionally to allow rice to cook evenly thus spreading heat evenly. Cook time 25-35 after pouring in rice.
6. Add green peas, mix, and serve with chicken and enjoy.

## NUTRITION VALUE

Energy 579,53 kcal, Carbohydrates 91,49 g, Total fat 18,88 g, Fiber 4,96 g  
Protein 12,07 g, Saturated Fats 3,78 g, Sodium 769 mg, Sugars 10,14 g

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**CHOOSE THE  
STAR**





# Chicken Shawarma

 60 min



## INGREDIENTS

- 150 g Smoked Chicken (Deboned)
- 1 tbsp Coriander leaves
- 2 Garlic (Chopped)
- 1 tbsp Cumin
- 10 g Cayenne pepper
- 10 g Paprika
- 10 g Fresh Pepper
- 10 ml Lime juice, raw
- 10 ml Olive Oil
- 1 Jar Plain yoghurt/Whole milk
- 1 tsp Lemon juice, raw
- 1 serving DENNY'S, coleslaw
- 1 Onion (Chopped)
- 1 Cucumber, with peel, raw
- 1 tbsp Coriander leaves
- 10 ml Olive Oil
- 1 tsp Cayenne pepper
- 3 Whole wheat bread
- 2 MAGGI Shrimp

## STEPS

1. Mix all the marinade ingredients in a freezer bag. Place the chicken in the bag. Close and shake to soak them well. Reserve in the fridge.
2. Grate the garlic. Mix the yogurt sauce ingredients in a bowl, cover and refrigerate until ready to serve.
3. Wash the salad and cut it into a chiffonade. Peel the cucumber, remove the seeds and cut it into small cubes. Peel and chop the onion. Wash and chop the coriander. Mix all the salad ingredients and season with olive oil and lemon juice.
4. Heat a large grill pan. Cook the chicken cutlets until they take on a nice color on both sides. Gradually place them on a large plate and cover with aluminum foil to keep them warm. Cut the escalopes into slices.
5. Cut the pita breads in half and flatten them. Fill with salad, chicken slices and add 1 tbsp of sauce. Roll up the shawarma and wrap in a sheet of baking paper

## NUTRITION VALUE

Energy 487,19 kcal, Carbohydrates 77,39 g, Total fat 7,11 g, Fiber 11,14 g, Protein 29,69 g, Saturated Fats 1,28 g, Sodium 790,7 mg, Sugars 14,68 g



# Chef's Chicken Pasta

 35 min



## INGREDIENTS

- 500 g Chicken (Boneless)
- 3 tbsp cooking cream
- 2 tsp Olive Oil
- 10 g Curry Powder
- 10 g Fresh Pepper
- 1 Onion (Chopped)
- 1 Fresh Tomatoes
- 50 g Cheese
- 1 Spaghetti
- 1 Broccoli, raw
- 2 Tablets MAGGI DEDEEDE

## STEPS

1. Cut the chicken into strips. Add the spices with 1 MAGGI Dedeede and pepper.
2. Place in a hot pan. Meanwhile, boil the pasta for 5 to 10 minutes.
3. Heat the pan. Add the olive oil then add the chicken and brown. Cut the onions into small cubes and the tomatoes, adding them to the chicken. Cook for about 10 minutes; add the cooking cream and 1 MAGGI Dedeede and allow to simmer for 5 minutes.


## NUTRITION VALUE

Energy 215,57 kcal, Carbohydrates 4,53 g, Total fat 9,44 g, Fiber 0,75 g  
Protein 28,64 g, Saturated Fats 4,09 g, Sodium 269,28 mg, Sugars 1,71 g

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# Buffalo Chicken Wings

 68 min



## INGREDIENTS

- 1 kilogram Chicken, stewing, meat only, cooked, stewed
- 25 g Sugars, brown
- 1 Tablet MAGGI Chicken
- 1 tbsp Vinegar

## STEPS

1. Preheat oven to 200°C and place rack on medium level.
2. In a large mixing bowl, combine chicken wings, MAGGI Chicken, brown sugar and vinegar, and mix until wings are coated with spices.
3. Gently place contents in the provided oven bag, use provided red tie to close the bag and lay flat on an oven tray.
4. Place tray in preheated oven and cook for 50 mins until fully cooked and edges are golden brown.
5. Place wings on a serving platter and serve with celery sticks and blue cheese or ranch dipping sauce.
6. Tip: Add a teaspoon of cayenne pepper for a spicy version of this recipe.

## NUTRITION VALUE

Energy 412,7 kcal, Carbohydrates 4,3 g, Total fat 19,85 g, Fiber 0,01 g  
Protein 50,76 g, Saturated Fats 5,18 g, Sodium 272,29 mg, Sugars 4,12 g



*Cook the  
Difference*