

# Chicken Okro Soup

## Ingredients

- 1/2 cup Oil, palm
- Onions, raw
- Okra, raw
- 1/2 cup MAGGI Chicken Cube
- 1/2 cup mL Water
- 1/2 cup Smoked Chicken
- 1/2 tsp Garlic, raw
- 1/2 tsp Ginger root, raw
- 1/2 bunch Spinach
- 1/2 cup Crustaceans, crayfish, mixed species, wild, raw

## Instruction

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		16 Minutes
		6 Portions
Carbohydrates	9,9 g	
Energy	139,53 kcal	
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	