



# *Lethabo's delicious chicken livers*

*Not only are chicken livers delicious they are also super affordable and a rich source of nutrients making them the perfect one pan meal. Serve for breakfast, lunch or dinner with bread or a side of your choice.*

## **INGREDIENTS**

250 g livers  
2 tbsp flour  
10 ml cooking oil  
1 small onion diced  
1/2 red pepper diced  
1 tsp garlic  
1 tbsp paprika  
1 tbsp chicken spice  
1 tbsp garlic and herb spice  
1 tsp turmeric  
1 tbsp chili flakes (optional)  
30 g tomato paste  
1 cup chopped tomato  
1 cup water

## **METHOD**

1. Coat chicken livers in flour.
2. Add oil to your 24 cm Chef's Pan and brown your livers on both sides.
3. Remove livers from the pan and place to one side.
4. Add onion, red pepper, spices and tomato paste to the pan and fry for about five minutes.
5. Add tomatoes and one cup of water and let it simmer for approximately two minutes.
6. Return chicken livers to pan and stir well.
7. Cover with lid and cook for 7 - 10 minutes on a low heat.
8. Garnish with parsley and enjoy!