



Chicken Suqaar

A traditional Somali dish and shown to us by Selma and her family -- one of the cook fresh interns at Urban Roots.

Ingredients:

2lbs chicken breast, (cubed)

1 onion (sliced)

4 garlic cloves (minced)

piece of ginger (minced)

3 potatoes (diced)

3 carrots (diced)

1 bunch cilantro (chopped)

olive oil, salt, pepper, cayenne and paprika to taste

water (or veggie stock)

Instructions:

In a pan with oil, add onion, ginger, and garlic let simmer.

Then add cubed potatoes and carrots

cook for 8-10 min

add seasoning mix. turmeric, paprika, salt.

Add diced/crushed tomatoes

then add the chicken

Add water and cover to cook for 5 min

Add sliced peppers afterwards and black pepper seasoning to taste.