SOUTH AFRICAN · DINNER · LUNCH

Creamy Peri-Peri Chicken Livers

31 min · Serves 4 · 527 kcal a serve · Video 8:34 · EatMee Recipes

Gluten-free ingredients · Nut-free

Chicken livers in a spicy peri-peri cream sauce: about 26 g protein and 8 g net carbs a serve, nearly three-quarters of the energy from fat, more than a day's vitamin A, B12, folate and selenium, and rich in iron.

Diet notes: Keto (7.8 g net carbs a serve).

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Ingredients 15 · SERVES 4

- [ ] 500 g **chicken livers**, rinsed
- [ ] 100 ml **water**, for steaming the livers (drained off)
- [ ] 2 tablespoons **olive oil**
- [ ] ½ **onion**, chopped
- [ ] 2 tablespoons **butter or margarine**
- [ ] ½ teaspoon **salt**
- [ ] 1 teaspoon **ginger and garlic paste**
- [ ] 1 teaspoon **cayenne pepper**
- [ ] 1 teaspoon **garlic powder**
- [ ] 2 tablespoons **chilli powder**
- [ ] 1 teaspoon **chicken spice**
- [ ] 1 teaspoon **red chilli flakes**
- [ ] 125 g **Nando's peri-peri sauce** (medium)
- [ ] 250 ml **fresh cream**
- [ ] **fresh parsley or coriander**, chopped, to garnish

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the livers and put them in a pot over medium heat with the 100 ml water. Spread them out and steam for about 5 minutes, turning them after 3 minutes. 0:44
2. When most of the water has evaporated, break the livers into smaller pieces and drain off any liquid left. 2:15
3. In a clean pot over medium heat, add the olive oil and onion, then the livers and butter, and sauté until the onion is translucent. 3:50
4. Add the salt, chicken spice, cayenne, chilli flakes, chilli powder, garlic powder and ginger-garlic paste, and sauté the livers in the spices for about 2 minutes. 5:07
5. Stir in the peri-peri sauce and then the cream. Cover and simmer for about 2 minutes until slightly thickened, stir, and take off the heat. 6:18
6. Spoon into a serving bowl and scatter with parsley or coriander. 7:41

> **Tip** The cook serves it with Portuguese rolls, garlic bread or spicy rice; for keto, have it with a green salad or sautéed greens. Keeps up to a week in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
527 kcal 2,210 kJ	**26** g 53% of a day	**11** g 7.8 g net · 4.4 g sugars 4% of a day	**3.1** g 11% of a day	**43** g 21 g saturated 55% of a day	**610** mg 27% of a day

Energy from net carbs 6% · protein 20% · fat 74% — fits keto: 7.8 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin B12 666% · Vitamin A 465% · Selenium 145% · Folate 139% · Iron 70% · Vitamin B6 57% · Vitamin C 43% · Zinc 39% · Vitamin E 28% · Vitamin K 25% · Omega-3 21%

Source of (10–19%) Potassium 12% · Magnesium 11%

Recipe and video: EatMee Recipes (@eatmeerecipes) on YouTube — youtube.com/watch?v=tos65XwGQRI, published 25 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-peri-peri-chicken-livers