Umleqwa Served With Beans and Pap
RECIPE

Umleqwa Served With Beans and Pap

Cooking time	90 mins
Preparation time	25 mins
Serves	6

Make this special Umleqwa served with BBQ Beans and crumbly Pap. It will have the whole family wanting more.

Ingredients

- 1 whole umleqwa chicken cleaned and cut into pieces
- 2l boiling water
- 3 tbsp vinegar
- 2 tbsp sugar
- 1 onion roughly chopped
- 2 carrots peeled and roughly chopped
- 2 sticks celery roughly chopped
- 5 peppercorns
- 1 bay leaf
- Parsley stalks
- 3 tbsp olive oil
- 1 onion chopped
- 2 garlic cloves crushed
- 2 grated tomatoes
- Royco® Chicken a la King Dry Cook-in-Sauce
- - BBQ BEANS INGREDIENTS:
- 1 kg beans soaked overnight
- 45ml olive oil
- 1 onion roughly chopped
- 2 garlic cloves
- 2l boiling water
- 1 pkt Royco® Beef Hot Pot Dry Cook-in-Sauce
- 3 potatoes peeled and diced
- 2 carrots peeled and diced
- - PAP COUSCOUS INGREDIENTS:
- 500ml water
- 2 tsp Royco® Chicken Stew Mix

- 3 1/2 cups white star maize meal
- 2 tbsp butter
- Half each rainbow peppers diced
- Fresh parsley chopped
- Fresh mint chopped

Vegetarian

Switch out the chicken stew with one of our vegetarian stews or curries, and serve with the beans and pap.

Family Friendly

Treat your kids to this traditional spread, and allow them to experience the joy of cooking together as a family.

Method

1. In a heavy based pot place all the first 10 ingredients, cover and cook for 1hour
2. Once chicken is cooked, remove from pot and strain the liquid, reserve for later use
3. Heat onion in a pot and fry the onion, add garlic, tomatoes, Royco® Honey & Mustard Dry Cook-in-Sauce and the reserved liquid, stir to combine
4. Return the chicken to the pot and cook for 45 minutes

BBQ BEANS METHOD

1. In a heavy-based pot heat oil and add onion, garlic and fry for 5 minutes
2. Add beans, Royco® BBQ Dry Cook-in-Sauce, water and stir to combine
3. Cook for 1 hour
4. Once beans are almost cooked, add the potatoes and carrots, cook for 20 minutes or until beans and vegetables are soft

PAP COUSCOUS METHOD

1. In a pot add water and Royco® Chicken Stew Mix, combine and bring to a boil
2. Add maize meal and stir using a fork
3. Close the lid and leave to cook on medium heat for 15 minutes
4. Keep stirring with fork until you reach a fine course texture
5. Add butter and stir to combine
6. Leave to cook for 5 more minutes
7. Remove from heat, using your clean hands and break any lumps
8. Mix in the diced peppers and fresh herbs

Recipe Tags

Stew Mix, Chicken, Stew, 2 In 1 Stew Mix

Related Recipes

One Pot Wonder

Cooking time

60 mins

Preparation time

20 mins



Lamb & Tomato Potjie

Cooking time

120 mins

Preparation time

15 mins

Beef Stew

Cooking time

60 mins

Preparation time

25 mins



Quick and Easy Spicy Chicken Stew

Cooking time

30 mins

Preparation time

20 mins



Oxtail Casserole

Cooking time

120 mins

Preparation time

15 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins



Rich and Tasty Beef Stew

Cooking time

90 mins

Preparation time

30 mins

Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

African Style Tripe With Trendy Pap

Cooking time

150 mins

Preparation time

50 mins



Peachy Chicken Casserole

Cooking time

90 mins

Preparation time

15 mins

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