Peri Peri Chicken Livers

Cooking time	20 mins
Preparation time	10 mins
Serves	4

Fiery, flavourful peri peri chicken livers originated in Mozambique and have become a huge favourite in South Africa. Make this classic using our Royco Bolognaise Pasta Sauce - see Cook’s Notes below about how to dial up the heat level to your liking.

Ingredients

- 500g chicken livers, thawed
- 45ml (3 Tbsp) butter or oil
- 2 onions, finely chopped
- 4 cloves fresh garlic, crushed
- 30ml (2 Tbsp) vinegar
- 1 x Royco Bolognaise Pasta Sauce
- 10ml (2 tsp) paprika
- 10ml (2 tsp) dried chilli flakes (or peri peri spice or cayenne pepper), to taste
- 180ml (¾ cup) cream
- salt and black pepper
- the juice of half a lemon
- chopped fresh parsley, to garnish
- lemon wedges, to serve

Vegetarian

Use small button mushrooms instead of livers in this recipe.

Family Friendly

Chicken livers are an acquired taste for children who’ve never tried them before, but if your kids love livers, they’ll enjoy these served on buttered toast. Leave out the chilli flakes if anyone doesn’t like a ‘burny’ taste.

Cook’s tips:

- If you’d like a super-hot sauce, add plenty of chopped fresh red chillies.

- Don’t overcook the livers when you brown them in the pan. They should still be a little pink inside, because they’ll continue cooking when you add them back into the sauce.
- If you’d like to make a bigger quantity, simply double the ingredients. However, it’s best to fry the livers in two batches (see Step 3) so the pan is not crowded.

Method

1. Trim the livers and rinse them under cold water in a colander. Drain and pat dry with kitchen paper.
2. Heat the butter or oil in a large pan and add the onions. Cook over a medium-low heat for about 5 minutes, or until soft and golden. Stir in the garlic and cook for another minute.
3. Turn the heat right up, add the chicken livers and cook for 4 to 5 minutes, turning them over once, until they are lightly browned, but still pink inside. Remove from the pan with a slotted spoon and set aside on a plate.
4. Pour the vinegar into the pan, scraping with a wooden spoon to loosen any golden bits. Bubble for another minute, or until most of the vinegar has evaporated.
5. Now add the contents of the sachet of Royco Bolognaise Pasta Sauce, along with the paprika and chilli flakes (or peri peri spice/cayenne pepper). If you would like a hotter sauce, add more spice.
6. Bubble the sauce over a low heat for about 3 minutes, or until it has thickened slightly. Return the livers to the pan and simmer for a few more minutes, or until they’re cooked through to your liking.
7. Stir in the cream and season to taste with salt and pepper.
8. Just before serving, squeeze in the lemon juice and sprinkle with fresh parsley.
9. Serve hot with crusty bread rolls or steam bread, and lemon wedges on the side.

Recipe Tags

Chicken, Wet Pasta Sauce

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Cooking time

30 mins

Preparation time

20 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins

Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins

Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins



Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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