



CHICKEN LIVERS PERI-PERI

FROM: THE REAL MEAL
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Ingredients

250g chicken livers
1 large onion, sliced
50g butter 4 cloves garlic, roughly chopped
2 red chillies, chopped
1/2 cup white wine
1 cup tomato puree
juice of 1 large lemon
coconut oil
salt and pepper
1 handful basil, roughly chopped



Method

1. To make the sauce. sauté the onion in butter on a low heat until soft. sweet and golden brown. Add the garlic and chilli and saute until fragrant.
2. Add the wine and reduce by half. Add the tomato puree and lemon juice and simmer for a minute. Season to taste with salt and pepper and set aside.
3. Clean the livers. cut into bite-size pieces and toss them in oil, salt and pepper
4. Get a large heavy-based frying pan smoking hot. Drop the livers in the pan and quickly spread them so they're in one layer. The heat will be quite serious so be careful.
5. Turn each piece using a fork or lifter. Do not stir them. You want to keep them quite still in the pan to get great colour and stop them from leaching their juices.
6. When the livers are nice and brown on each side. pour the sauce into the pan and simmer for a minute or two.
7. Season with salt and pepper and add the fresh basil. Check the seasoning one last time and serve immediately.

Note: It sucks eating chicken livers without a soft floury Portuguese roll but give it a bash on some of the cauliflower mash, you won't be disappointed! SERVES 2