

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING **PRESENT Spinach Chicken**



Food image courtesy of campbells.com

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Ingredients

- 2 tablespoons vegetable oil
- 4 to 6 boneless skinless chicken breasts
- Salt and pepper to taste
- 3 bunches chopped spinach,
- 1 cup of barbeque sauce
- ½ teaspoon red pepper



Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. Heat the skillet over medium heat by slightly closing the **SuperSaver** air regulator. Add 2 tablespoons vegetable oil, swirling to coat. Sprinkle 4 to 6 boneless skinless chicken breasts on both sides with salt and pepper. Cook in oil 10 to 12 minutes, turning once, until juice of chicken is clear when center of thickest part is cut. Remove from skillet; cover with foil to keep warm.
3. In same skillet, add the spinach. Cook 2 to 3 minutes or until heated through.
4. Add 1 cup of barbeque sauce. Simmer 4 minutes. Add chicken back to skillet. Cook about 2 minutes or until heated. Sprinkle with ½ teaspoon red pepper.
5. Serve to your family and friends and see them enjoy and want more!

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