

# East African Kuku Paka

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/east-poke-recipe-wet>

## Ingredients:

- 1 chicken full medium-sized, skinless and bone-in.
- 1 1/2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground turmeric
- 1 1/2 tablespoons lemon juice
- 1/2 lemon to clean the chicken
- 1 tablespoon ginger finely minced
- 1 tablespoon garlic finely minced
- 1/2 teaspoon black pepper
- 1/2 teaspoon chilli powder optional
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 tablespoons cooking oil suitable, olive oil, coconut oil or your preferred choice of cooking oil
- 1 onion medium-sized, finely diced or julienne sliced
- 1/2 teaspoon turmeric ground
- 1/3 cup tomato paste
- 1/2 teaspoon ginger minced
- 1/2 teaspoon garlic minced
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1 1/2 cups coconut cream canned
- 1/2 teaspoon ground cumin

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 245 milligrams
4. Fat: 55 grams
5. Fiber: 4 grams

6. Protein: 81 grams
  7. SaturatedFat: 33 grams
  8. Sodium: 1350 milligrams
  9. Sugar: 4 grams
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