At the heart of this chicken, peanut and palm oil stew is the muambe or mwambe sauce. The sauce is made with palm oil and serves as the basis for a multitude of West African dishes. Muamba nsusu is a recipe that leverages this muambe sauce to create a more stewy soup or curry also flavored with peanuts, chickens and various vegetables.

**INGREDIENTS**

- 1 pound chicken, cut into large bite-size pieces
- 1 lemon, juiced (approx. 1/4 cup juice)
- 1 teaspoon paprika powder
- 1 teaspoon turmeric powder
- 2 green chili peppers, sliced thinly (deseeded for less spiciness)
- 2 tablespoons palm oil
- 2 medium-size onions, sliced thinly
- 1 red chili pepper, minced
- 1 teaspoon ground cumin
- 6 ripe tomatoes, peeled and chopped
- 1 handful (approx. 1/4 cup) fresh spinach
- 1/2 cup all-natural creamy peanut butter
- 1 cup vegetable broth

**For Garnish (optional)**

- 1/4 cup raw peanuts, crushed
- 1 bunch green onion (scallion), sliced thinly

**SERVES: 6 PEOPLE**

**LEVEL OF DIFFICULTY: SUPER EASY**
Stage 1: Marinate the Chicken

1. In a medium-sized bowl, place chopped chicken in a bowl and pour fresh lemon juice on top of it

2. Add your turmeric and paprika powders and sliced green chilies into the bowl, mix it well around into the chicken, and let it sit

Stage 2: Start Cooking your Muamba Nsusu

1. Take a stockpot or dutch oven over medium high heat and add your palm oil

2. Add your onions and cook for at least 1-2 minutes to get the onions to sweat. Mix the onions in the palm oil well to give them a rich orange/reddish hue

3. Next, move your onions to one side of the pan, then add your chicken (along marinade of lemon juice and green chilies) onto the bottom of the pan and on direct heat. After several seconds of initial searing, mix your chicken and onions around, and cook them together for 2-3 minutes

4. Add in your minced red chilies, cumin powder, tomatoes and spinach and mix around. Cook everything together for 2-3 minutes
You can find out more about Congolese cuisine, its history and the Muamba Nsusu recipe (including more pictures) by clicking here.

Stage 3: Peanut Butter Time

1. Once your ingredients have had some time to cook together (and your spinach has started to soften), add in your peanut butter and mix everything around to distribute it well.

2. Gradually pour in your vegetable broth while stirring everything together, and bring your pot to a boil.

3. Once boiling, reduce the heat to a simmer. Cover the pot and let your muamba nsusu simmer for at least 45 minutes (stirring occasionally).

4. After 45 minutes, take your muamba nsusu off the heat. To serve, add in some crushed peanut and scallions for garnish. Enjoy!