



Chicken (Galinga) Trinchado

Ingredients

- Chicken filets
- Salt
- Fresh garlic
- Bay leaves
- Paprika
- Rice
- Butter/ Margarine
- Cooking oil
- Fresh cream

Method

CHICKEN

- Cut chicken fillets into strips
- Add salt, garlic (grated garlic; 2 or 3 cloves) and mix with hands onto the chicken strips
- Add 2-3 fresh bay leaves and paprika and mix all together
- Allow to marinate for 24 hours for best results
- Cover base of a pan with cooking oil and fry chicken strips

RICE

- Rinse starch off uncooked rice
- Boil as normal
- Add 2/3 tablespoons of butter to cooked rice

SAUCE

- Use oil from frying pan that chicken was fried in
- Add cream & a little bit of full cream milk
- Bring to the boil
- Pour sauce over chicken

Serve with home baked bread! (purchase dough and bake for approx. 45 min until golden brown 😊)