

# Runaway bredie

Chicken feet (also known as “runaways”) are a common food eaten in townships in all 9 provinces of South Africa, where they are often eaten along with chicken heads, a mixture known as “Walkie Talkie”. This chicken feet *bredie* (stew) is has a curry flavour, reminiscent of traditional Cape Malay flavours. It is made with Orley Whip, a South African dairy substitute.

**Per serving: 403kcal, 3:1 ratio, 10.2g protein, 2.9g carbs**

## Ingredients

50.0 g Cabbage, raw  
5.0 g Onion, raw  
45.0 g Chicken, feet, raw  
0.5 g Chilli powder  
1.0 g Coriander, seed, dried, ground  
2.0 g Curry powder  
25.0 g Sunflower oil  
27.0 g Orley Whip

## Directions

1. Submerge the feet in boiling water to remove the skin
2. Blanch the cabbage in boiling water for 5 minutes. Drain, rinse under cold water and set aside
3. Heat the oil in a heavy-based saucepan and fry the onions along with the spices until glossy.
4. Add the meat. Brown the meat, add a little water, cover and reduce the heat. Simmer until the meat is nearly tender.
5. Add the cabbage
6. Season to taste with salt and pepper and add the Orley Whip at the end