

THE FEATURE

NOVEMBER/DECEMBER

MAGAZINE

WHY

WOMEN

Still opt for Backstreet Abortions?

IT

STUDENT

Proves that farming is more than a lifestyle

9

APPS for small businesses

The Conversation Strategist

NOZIPHO TSHABALALA



PLUS

Nobathembu Peter affirm disability rights in sexual health care

Editor's Note



Dear Readers

How is it almost December when we only began October a minute ago. I look back at the beginning of the year 2021, where most of us were still adapting to the work from home situation and learning new ways of life during a pandemic. Having ample time to myself meant finding ways to get creative with realising my purpose and touching more lives with The Feature magazine. Ever since we have transitioned from a blog to a digital magazine, which is incredibly versatile, highly accessible and rich with interactivities I have been able to reach a 10 000 mark of website visits, which for me it is an amazing milestone I have achieved this year.

We've traveled this journey and we've reached yet another milestone of closing a year. While we are still very much operational and extending our wings, hoping to achieve even bigger things, I'd like to extend words of encouragement to our growing community of readers that even if things did not work out for you this year, do not despair, there's always an opportunity to rethink and regroup your thoughts and start afresh. Remember, delayed plans always have a better outcome.

So don't feel like you've lost out because things did not turn out the way you wanted them. For a lot of us, it continues to be a trying time around job security, health, wellness and mental stability. As such, just being able to have come this far in itself should be a rewarding experience. As we look forward to 2022, we are just grateful for those who are part of our journey and are able to share parts of themselves with us, allowing us to work with them in surfacing what the magazine is about. So we look forward to the fantastic content and activities we have planned to the prosperous new year.

Continue to press on and persevere We wish you a merry Christmas and a great new year ahead.

MIRIAM DUBE
Editor-in-Chief



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The Feature

Non-Profit Digital Magazine

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- Unlocking Conversations

The feature is a magazine produced by a Non-Profit Organization founded by Miriam Dube. The magazine's core business is to profile women doing extraordinary initiatives in civic leadership, entrepreneurship, activism, and other sectors. With this, we highlight the course of their journey with the hopes of inspiring other young women to not lose hope, keep the resilience and further spark enthusiasm in others about self-development and education.

ADVERTISE IN OUR DIGITAL MAGAZINE

We publish a digital magazine that covers various topics aiming at empowering women. Advertising with us will expose your product or services to a wide targeted audience. We operate within particular niches of the content creation industry, filled with emerging business people, consultants, influencers and hungry for services.

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OUR GOAL FOR YOU

We are committed to building a positive relationships with our clients. You will not only be delighted by our services, but also impressed by how important we nurture your partnership with us. You can call us or email at anytime.



TESTIMONIAL

We would like to express our gratitude for your excellent coverage of our foundation (Letlhogonolo Modise's Foundation). The exposure gave our foundation an opportunity to raise awareness for World Stroke Day and to educate the community on strokes. Thank you to your journalist for writing on Letlhogonolo and her stroke survivor story. The journalist was able to give value to the audience. We appreciate your willingness and we look forward to future endeavors .

- LETLHOGONOLO MODISE FOUNDATION

Have a
story? Write
to us

This is your chance to share your thoughts, suggestions and ideas with us and other readers. connect with us on social media or send us an email on johannamolokomme@outlook.com

Nozipho Tshabalala:

CEO of
The Conversation
Strategists



A ONE-OF-A-KIND CONVERSATION

With the Conversation Strategist



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*I'm not just a strategist,
I'm a conversation
strategist*

Let's begin with one about how far we have come

Nozipho was only 10 years old when the 1994 elections that marked the end of apartheid in South Africa occurred. So much has happened since then, to her, and everyone else alike. For Nozipho, this change meant moving to a school that had been previously reserved for white children only. In that space, she had to transition while figuring out what it meant to be a black child in a predominantly or previously white-only space. “And it's just interesting that now in my later years I reflect on a lot of that assimilation into these new environments to help me understand some of the trickier, cultural issues that I help solve today” Nozipho Tshabalala explains that she is not very intentional about using her disadvantage as her advantage”.

Much has been said about Nozipho Tshabalala and her accomplishments. She is a trailblazer who describes what she does as a conversation strategist as “helping smart people, have simple conversations that make the world a better place”.

Do you ever look back and think about how your childhood shaped what you have become today? Some people were constantly told that they are smart, others were told they are beautiful, some were told to keep quiet, even for just a second, others were told to stop doodling during math class – these conversations, they have shaped how far we have come – they are who we become.

Conversations are simple right? They happen all the time. They happen anywhere and everywhere. They could be about something or nothing really. They could be between one (yes, one), two, or more people. This one is a special one, it is a conversation with someone whose career is all about strategic conversations. It is a conversation about conversations. The conversations we've probably had with ourselves about our careers, conversations about which tools to use to have a conversation. A conversation about becoming who and what we truly are. That is what this conversation is about.

A conversation about how we choose to interact

Technology has played a huge role in bringing us together. It has not only given us a place to interact socially but has also provided a place for us to showcase our skills. Nozipho uses Instagram to showcase her skills and work, as well as to interact with her current and prospective clients.

With Nozipho, it wasn't necessarily about being active on every platform, "it was about the platforms that align with me and my work."

Some people are social butterflies, some are wallflowers, others are keyboard warriors, while others are ghosts with a profile picture from 2016. Some make funny Tik-Toks while others write think pieces of burning issues – other people just watch. This conversation we have with ourselves about where or how we interact is what shapes what the world ultimately knows about us, and our work.

How do you use social media as a means of having conversations? Are these conversations geared towards growing your professional or personal brand? Which one of these would you like to grow?

A conversation on achievements

"I think sometimes when we talk about achievements, it is almost as if we are talking about something that is finished, and I don't think my work is done. I think my work is ongoing, even though I have been privileged to carry some of the biggest commendations around the world", says Nozipho.

Nozipho believes that working with the biggest international organisations such as the United Nations, the African Union, the International Labour Organisation, and having outcomes, decisions, and change that are influenced by the conversations that she moderates, means a lot to her. "I would say that's an ongoing invitation to live purposefully and to do work that has meaning", she explains.

Achievement is not necessarily a destination we get to in our lives and careers. What is your ongoing invitation on achievements? Could it be for your kids? Building a legacy? Carving out a new path for others to follow? Do you think that your achievements, much like Nozipho's, provide an ongoing invitation for you to keep doing more?

A conversation on strategic work and thinking

"Every engagement is a manifestation of how I'm taking the client's strategy and using the science and the art of conversation to make this strategy come alive. And so, when we don't do that and we're not deliberate about doing that, we might miss the mark. That for me is one of the disciplines that I bring into my space, and that's the discipline of always making sure that every conversation that I design has a direct link to the strategy that it's supposed to make come alive."

Every action is a result of a plan. It is us trying to achieve something – that is a constant conversation we should be having with ourselves. Why am I doing this? Does what I am doing right now have a direct link to my initial plan? What is my initial plan?

A conversation on women development

There are many things that we as a society are doing wrong in trying to develop women for the roles that we believe they are ready for but are not occupying. Nozipho thinks that oftentimes, women just need an enabling environment to develop and empower themselves. She says that what we might be getting wrong is that “we’re sometimes not deliberate about supporting our words with actions”.

One such an enabling environment is a conversation for the Women's Economic Assembly that she moderated alongside President Cyril Ramaphosa. This conversation mattered for women in business who, as a result, would have opportunities to participate in 40% of all procurement opportunities across supply chains.

“That is the kind of enabling environment that we are able to create as a society where women who have already started and are running a business can take that opportunity and run with it. That’s going beyond words and taking action” she says. “We as women need to put the unconscious biases aside, we need to be deliberate, and we need to focus on pushing for enabling environments and then use those environments to make progress.”

Where is this enabling environment? Is it at the salon where we share information and knowledge while we get our hair or nails done? It could be a #GirlsTalkZA, maybe even the bathroom at the mall. We as women can create these environments anywhere.

“*Women are natural attendants and adopters*”

Nozipho thinks that “women are natural attendants and adopters. I think, you know, for lack of a better phrase, Darwin had women in mind when he was writing about the science of adaptation. I rarely come across a woman who just has no idea of what to do. I think we're very nimble, very agile, very flexible. We have a natural propensity to find a solution, no matter the circumstances, and I think we need to be translating that into the tech and the digital world and opening ourselves up to continuously learning and relearning different things”.

A conversation about relating to others, always

Nozipho says that “one of the biggest lessons I learned when I was in the world of television was that if my mother or grandmother doesn't understand, then I haven't done a good job.” She speaks about the importance of always bringing it down to: ‘if I were to explain this to my grandmother, would she actually get it?’ and that was a challenge, but always an invitation to keep it simple.

The one thing we need to remember in every conversation that we have is that we have to relate things to the people we are talking to. This is how we get people to participate and even interact with us in what we are trying to bring across.

A conversation on entrepreneurship, self-doubt and eventually overcoming

For Nozipho, entrepreneurship is one of those things she hasn't fully figured out. She says that she felt that she had outgrown, or rather, was outgrowing the 9 to 5. “The only way to sort of break free from that was to take my own path; to invent my own title; to create my own markets; to be clear about my own niche and all of those things.

I think it would be misleading of me to say that I always knew what I was doing. But I was following my gut and following my instinct, and I think that's what entrepreneurship is about, it's following your gut and following your instincts.

When it comes to overcoming self-doubt, Nozipho says she overcame by reaching out and sharing the things she was most afraid of with other entrepreneurs.

A lot of conversations are had with the self every single moment. And here, we hope we highlighted some of the conversations that might or will come up when you are carving your own way through the world. Conversations that pop into our heads as we go on about our day. Conversations we have with other people in person, or through our phone screens. With this, we are saying, may they be strategic conversations that build onto where we are trying to get to in our lives, as well as living our purpose.



"I want to be remembered for having professionalised conversations as a science and an art". We hope that we have helped make your world a better place through our conversation with Nozipho. And Nozipho's words of advice? "Trust your gut. trust your instinct, trust your heart and follow through. Do the work. Don't compare yourself to other people. Compare yourself to your last personal best and take calculated risks.

Don't be afraid to rename things that don't make sense. Don't be afraid of being the odd one out. It's often in those moments of being the odd one out that you are discovering your unique distinction.

And if you can just embrace that and sort of journey through the discomfort of being different. That difference is actually going to make you it's really going to be the thing that makes you stand out".

Connect with Nozi:

 @therealnozi

 www.theconversationstrategist.com



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NOZIPHO TSHABALALA

TRUST YOUR GUT.
TRUST YOUR
INSTINCT, TRUST
YOUR HEART AND
FOLLOW
THROUGH.

Nozipho Tshabalala moderate national and global conversations designed to
have measurable outcomes

”



IT students proves that farming is more than a lifestyle

He only started with 7000 seedlings of spinach and 500 seedlings of cabbage with a plan to sell them in the community where he lives as well as being a supplier to local vendors. It is true when they say opportunities don't happen, you create them. Today, Langelokuthula supply big retail outlets such as Spar and Boxer with his harvests, with the prospects of attracting more.

Although he was set for a failure when the Department of Agriculture supported him with what he regarded as poor seedlings, which made him suffer a big loss, Langelokuthula never lost hope in his business. Instead, he went from strength to strength and had now managed to employ 6 to 9 temporal workers in his 2,8 hectare farm.

It is courageous people like Langelokuthula Msongelwa who will help remedy the burden of soaring food prices caused by the recent pandemic, coupled with various factors such as climate change and the ever increasing demand from major economies, which poses a big threat of food shortage, affecting vulnerable communities.

Connect with Langelokuthula:

 @Langamsongelwa

Around the African continent it is rare to spot young people chasing careers in farming, especially crop farming. Most people who are considered farmers are retirees or rather people living in the villages, who treat farming as a lifestyle rather than a business. It is a norm that young people after competing matric go to the cities to either look for jobs or to further their studies in institutions of higher learning. Around the world farmers are an ageing demographic, the agricultural sector in most nations isn't providing enough resources and spreading much needed awareness to attract a younger generation.

The Feature recently spoke with Langelokuthula Msongelwa, a 26-year-old farmer in a small town of Bizana, Matwebu in the Eastern Cape province. In 2020, when the future seemed bleak for most of

us, Langelokuthula took an advise from his father and never looked back. His father advised him to consider farming as he was just idling with nothing to do due to lack of funding to continue his Information Technology studies at Walter Sisulu University. The lack was caused by errors in his NSFAS application, forcing him to take a gap year. "My father said that farming is a business that will never collapse because food will forever be needed. he gave me the courage to take a first the first step."

in August, Langelokuthula launched his agriculture business, Mtasi Greens, through which he farms cabbage, spinach and green maize. Langelokuthula as his father advised him, he did not envision his farming business making big strides in the retail market.

9 Must-have Apps for any small business

Whether you've just started your business or you've been operating for a few years, you're likely always thinking about ways to improve and streamline your day-to-day processes. Small business owners are more aware than anyone of the importance of tight budgeting and finding savings wherever they can without compromising on quality, of course. Luckily, in this digital age, there are more tools than ever to help business owners—including everything from desktop-based accounting software to mobile small business management apps.

And while there's nothing wrong with relying on a desktop computer for your business tools, many entrepreneurs can benefit from more flexible small business apps that allow them to manage tasks on the go, regardless of time or location. Here's nine apps we think can be beneficial for your business to grow.

Tab on the apps below for more information





Nobathembu Peter is a Cape Town based 28-year-old paraplegic T10. She's also a road accident survivor, public speaker, social media influencer, entrepreneur and a sex worker who advocates for disability rights

Affirming The Rights of Disabled People in Sexual and Reproductive Health Care

By: Nobathembu Peter

Sex is deemed by society as massively inappropriate topic, which should never be talked about in public. For centuries sex has been a thing that could only be mentioned behind closed doors and that's where it ended, behind closed doors. But luckily for us times have changed and so has the way we view sex over the centuries. Sex is still stigmatized. but things are slowly changing because people like myself are working towards breaking the norms created by society and our cultures.

Our cultures and society influence the way we view sex and engage in sexual activities and ever since the internet has been a big media and source of information when it comes to sex and pornography. Pornography is one of the reasons why the way we view sex has changed over the years and how more and more people are becoming sexually active at a young age and prematurely. A lot of young people don't understand how big of a responsibility it is to be sexually active or to even practice safe sex. School teach about sex but the approach that is being used is not sensitive to people's psychological and physical needs.

There is so much to sex than just the physical act and that is one thing we don't learn in schools as young people and therefore we make irrational choices. One thing I have learnt over the years is that our choice influences our sexual experiences excluding sexual assaults and rape, those are not consensual sexual acts and therefore we do not control them or have any power during the event. Sexual consent is sexy and powerful because and it gives all parties involved the responsibility and accountability for their overall experience. I know that a lot of people don't understand how to seek or give consent, because consent is not a simple "yes" or "no" it includes body languages and non-verbal communication. Consent is important because it is a human sexual right and it is part of having healthy sex.

Sex should be a fun experience even for disabled people and the sad thing is that disabled people are excluded from sex education and any form of sexual empowerment. Disabled people are sexual beings and should not be denied their sexual experiences or sex empowerment.



Everything that involves sex education and empowerment should include disabled people.

We need to be more inclusive when it comes to empowerment movements, I mean disabled people are sexually active too and just because there is not enough research done on sex and disability doesn't mean disabled people are not having sexual relationships.

I believe that God created sex to be a beautiful thing and what that means is that it doesn't exclude disabled people. Sex according to the word of God is sacred and Holy and should be respected. But things have changed over the centuries only a few still respect sex and treats it as a Holy and sacred thing. I believe if people understood the way God views sex, we would have healthy beliefs and behaviours towards sex and relationships. The media and internet have bombarded us with all kinds of ideas about sex and most of them have negative impacts on our experiences and relationships.

I am sex positive because I believe that sex should be destigmatized, and it should be an easy thing to talk about because how will we empower ourselves to be sexually educated. For me sex positivity involves having positive attitudes about sex and feeling comfortable with one's sexual identity and with the sexual behaviours of others. I am forever learning new things about life, people, sex and relationships and being sex positive means I understand the role I play when it comes to my own sexual experiences and attitudes towards sex. Sex positivity isn't just about the good or positive, it's also about the bad and negative experiences, like what I have mentioned above about sexual assaults and rape. For me sex is not a taboo and neither is it shameful to openly talk about my sexual experiences or my expectations and lessons I have learnt from sex. Being sex positive can be very tricky and complicated because some of my cultural or religious beliefs don't align with me being sex positive and just because I am sex positive doesn't mean I like sex or that I am sexually active.

Having healthy beliefs and attitudes to towards sex affects our body image in a positive way and how we build and maintain romantic relationships. Sex positivity is also about body positivity and loving ourselves and accepting our bodies. Healthy sex beliefs and attitudes will and should have positive effects on our lives and relationships. Sex positivity is not hyper-sexuality, hyper-sexuality is an obsession with sexual thoughts, urges or behaviours that may cause distress or that negatively affects health, job or relationships. There are a lot of causes of hyper-sexuality and some of the cusses is sexual trauma and drugs or alcohol.

Sexual traumas affect us in so many ways and we need help through counselling and therapy and having healthy relationships with ourselves and others. Talking always help and that is why I would always recommend it because I believe that when we let things out we start healing from our hidden trauma and bad sexual experiences. Communication helps a lot of things especially ensuring healthy, positive sexual experiences. I understand that opening up and sharing what matters to us isn't that easy or simple to share, but it is very empowering and liberating. I believe that good communication equals to great sex and positive sexual experiences. We need to start taking accountability for our sexual relationships and make them what we want them to be. If we are old enough to have sex than I believe we are old enough to take ownership and accountability for our choices and actions.

One thing I have learned from my disability is that it doesn't stop me from having long term meaningful relationships or great sexual experiences. Because for me being disabled means doing things differently and living life in a very interesting way. Disability is not a negative term and just like sex, people have to change their views and destigmatize it and stop oppressing those living with disabilities from being sexually empowered. As much as there is a lack on research concerning sex and disability, we still need to educate and empower ourselves as people living with disabilities. One thing I want you as the reader to take away from this is that great sex is each and everyone's responsibility.

Disability doesn't stop anyone from living life to the fullest or from having a great sex life. And that is one of the reasons why I started selling sex toys because I want women like myself to take back their sexual power and be in control of their sexual experiences. Let's support each other and be a nation that is sex positive and sexually liberated, because together we can do it. I believe that anything is possible through a collective effort. Sex is for anyone and everyone regardless of race, gender, sexuality and disability.

Connect with Nobathembu Peter

 [Nobathembu Peter](#)

A person wearing a blue long-sleeved shirt and black leggings is sitting on a gym floor. Their hands are clasped together in their lap. The background is a blurred gym setting with exercise equipment.

**Being
disabled
should not
mean being
disqualified
from having
access to
every aspect
of life**

Emma Thompson



WHY WOMEN STILL CONSIDER BACKSTREET ABORTION

In a country where there is a high rate of teenage pregnancy, prostitution, rape and unemployment, the question of backstreet abortion (unsafe/illegal) remains the one not to ignore, as it stands at +-50% of abortions done in South Africa. But, Are our health workers well equipped to psychologically deal with this issue, as a means of giving women a safe and trusted place to be in or in considering health care facilities in matters of safe and healthy abortion?

Teenage Pregnancy.

Teenage pregnancy in SA has jumped 60% during the pandemic, with this about 40% of it is recorded between low and middle class-income households, and on legal standards a woman of any age can get an abortion if she is 13 weeks less. A woman under the age of 18 can get abortion without the consent of her parents, with this and abortion being legal we still see backstreet abortion being like a safe haven amongst young adults, one of which can also be due to the weeks that are given to abort. Most teenagers do not know where to access free and safe abortion, this leaves them with the option of looking at other ways to abort, many of them doing it without the knowledge of their parents. This takes us to educational background or the standard of education regarding the matter,

young adults who are less educated about sexual matters often find themselves trapped in this situation and the fear of opening up to their parents is one of the reason they end up at the back of unsafe abortion. Our school curriculum does not give a direct shape on the topic of sex and its safety, and some of the teachers are not ready or able to psychologically deal with pregnant students, this puts fear of learning to some students and the freedom of them being students is taken away from them. In our communities a pregnant teen is no longer regarded as a teenager, to a young person this might affect their reasoning not to choose health facilities to abort as other health workers are part of their communities. The idea of the society to take or look down on a pregnant teen makes it hard for this young adults to seek educational help.

Prostitution and drug abuse.

Although not formally legalized poverty and high unemployment rate become the core factor to prostitution and drug abuse. Many of sex workers experience sexual and verbal abuse, and this as a fear of their work being illegal to report such cases becomes a mystery, and most of sex workers feels undermined when they have to access proper medical support.

To other workers alcohol and drug abuse are their solution in maintaining a lot of different clients. The use of unprotected sex as a way to satisfy other clients may lead to unintended pregnancies, with lack of educational resources and the fear to be victimized, prostitutes look for other ways for abortion and to maintain the life of sex working, one wonders why are they so many pamphlets on unsafe abortion than they are on safe abortion, in most communities you will see more of this advertisements on the street boards.

Alcohol and drug abuse along with depression in young adults makes it hard for them to be free and seek more information about abortion and other uses of sexual behaviour, a lot of them end up in places where they can not open up about the abuse both of sexual and emotional.

Rape and sex trafficking.

The recent report by police minister shows that the rape cases has increased by 72.4%, a simple of 5439 rape cases revealed that 3766 of rape incidents took place in the home of the victim or the home of the rapist. This number shows that most of rape cases are done by close family members or trusted members of the communities, and thus only 1-9 of this cases are reported. Most of young adults who experience rape from their household tend to have fear of opening up about the incidents, thus many of them will seek unsafe abortion. Our communities and society do not protect women enough in a way that they will have courage to deal with this issue, you will find it amazing that the protection can be given perpetrators.

South Africa is a central hub for sex and human trafficking, girls as young as 10 are being trafficked and often used for sex, while some are being promised job opportunities their lives take a turn as the find themselves in foreign countries and without proper documentation it becomes hard for them to look or gather information about safe abortion.

The report suggest that South African government doesn't fully meet minimum requirements in eliminating human and sex trafficking.

Unemployment.

Unemployment rate is on the rise and youth between the ages of 18-35 are finding it hard to make a living, this results to prostitution and it is a play ground for trafficking, as some stated above a number of traffickers uses work as a way to attract some of their victims.

In South Africa where employment requires some level of education or a skin in some area, will still see a great number of graduates being unemployed, this affects a lot of young woman in a way that man can take advantage of them. Even in work areas where man dominates women are victimized in the same of securing the job thus the issue of unintended pregnancies play a part and makes a lot of women to go for backstreet abortion.



Where should you go for a safe abortion in South Africa?

Contact Department of Health on 012 395 8000 to inquire about safe and secure facilities that offer free abortions to women under 13 weeks pregnant to end the pregnancy without giving reasons.



Made With Love

DISH PREPARED BY CHEF VUKANI

Macaroni & Cheese

Macaroni & cheese with chicken Recipe Ingredients

1/3 cup unsalted butter

1 spoon all purpose flour

1 cup milk

1 bowl of grated cheddar cheese

Black pepper, Salt, Paprika, and Cheyenne pepper

Worcestershire sauce

1/3 lemon juice

Parsley

1 spoon chopped garlic

Macaroni

Chicken

Cheese sauce

Add 1/3 cup of butter into a pan at medium heat. Wait for the Butter to melt and bubble, then add a spoon of flour stir until the mixture thickens, add 1 cup of milk and stir until the mixture is smooth and without lumps. Add One bowl of cheese gradually while stirring the mixture. Add one spoon of paprika, one spoon of Cheyenne pepper and a spoon of black pepper. When finished lower the heat and leave it to simmer. For macaroni, fill half a pot with water and add two spoons of salt to taste. Boil the water and add 250g of macaroni and leave to boil until tender and cooked. Remove with a straining bowl while keeping 1/3 cup of the macaroni water. Add the macaroni into the cheese sauce and stir. Add 1/3 cup of the macaroni water into the Mac and cheese and start then leave to simmer at low heat.

Chicken

BY CHEF VUKANI

Add five chicken breasts into a large bowl
Add 1 spoon olive oil onto the chicken breasts as a binder
Add 1 spoon Worcestershire sauce
Add 1/3 cup of lemon juice
Add one spoon black pepper
Add half a spoon of salt
Add one spoon chopped up garlic
Add three spoons chicken spice
Leave the chicken sit in the marinade for 30 minutes
Oil a oven tray then leave the chicken breasts onto the tray
Add the tray to a pre-heated oven on the grill setting At 180°C
for 45 minutes until chicken is golden brown
And then let it rest for 30 minutes
Then cut the chicken against the grain into thin strips

Plating

Add the Macaroni and cheese mixture into a bowl
Add the chicken strips in a straight line across the bowl
To garnish, add parsley
Enjoy with a Greek salad or any of your choice.

Connect with Vukani:

 @Kanii.ww



On The Cover

