Recipe

chicken and potato stew

Indulge in the warming goodness of a chicken stew, brimming yummy potatoes and delightful bursts of petit pois peas! Infused with aromatic rosemary, thyme, bay leaf, parsley, and a hint of tangy lemon juice to boost the flavour! This is best served with bread, unsalted butter and veggies.

Ingredients

a glug of oil

1 onion - diced

400g chicken mince

2 carrots - half moon cut

4 potatoes - cut in quarters

3 garlic cloves - minced

3 rosemary sprigs - leaves chopped

2 thyme sprigs - leaves chopped

1 bay leaf

1 tbsp tomato paste

250g passata

500ml water

1 veg stock cube

2g - nutritional yeast (optional)

2 handfuls of frozen petit pois peas

15g fresh parsley - chopped

1 juice of a lemon

Method

add oil to wide based tall sided pan and allow to get hot on a medium heat
add onion and cook for 15 mins gently until caramelised
add chicken mince and cook until browned
add potatoes and carrots to give them a little colour
add garlic, rosemary, thyme and bay leaf and mix well to release flavours
add tomato paste and cook for a few minutes
add passata, water, stock and nutritional yeast and simmer genlty for half an hour until veg is soft
add frozen petit pois, parsley and lemon juice
serve with bread, unsalted butter and veggies!

Please note: This recipe is correct at the time of publication on 21/12/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

Nutritious delight with every bite

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