

Rustic Chicken stew

Ingredients

2 tablespoon oil
4 Chicken thighs, skin removed
2 rashers bacon, fat removed, chopped
2 tablespoons flour
150g mushrooms, washed, sliced
1 Onion, peeled, chopped
1 carrot, peeled, chopped
1 red pepper, washed, deseeded, chopped
Vegetable stock cube- 300mls hot water
1 teaspoon mixed herbs
Seasoning-pepper
1 handful/ half a tin peas or sweetcorn

Get cooking

1. In a large pan put 1 tablespoon oil, add onions, bacon, carrot, red pepper and mushrooms, fry gently for 5 minutes, remove from the pan and place in a bowl.
2. Coat the chicken with the flour, add 1 tablespoon oil to the pan, add the chicken, gently fry on both sides for 5 minutes.
3. Dissolve the chicken stock cube in 500ml of hot water from the kettle, add to the pan, add the mixed herbs, bring to the boil, turn the heat down, simmer for 40 minutes. Stirring occasionally
Add the peas or sweetcorn and cook for 5 minutes,
Check that the chicken is cooked through and not pink inside.