

Chicken, Chorizo and Borlotti Bean Stew

This is a really tasty winter favourite in our house

Serves 2 - easily multiplied for more and great for freezing spare portions.

Prep time - 15 minutes

Cooking time - 30 - 40 minutes

You will need

A medium non stick pan

Ingredients

Spray oil

1 red onion - sliced

1 clove garlic - crushed

1 tiny pinch chilli flakes

4oz/120g Spanish chorizo - sliced

1/2 red pepper (capsicum) - chunked

3 boned and skinless chicken thighs - sliced into strips

14oz/400g can chopped tomatoes

10 fl oz/300ml chicken stock

10oz/300g can borlotti beans - rinsed and drained

1/2 small bunch coriander (cilantro) - chopped



Wholemeal pitta bread to serve is the official line but its great with mash, crusty rolls or rice as well!

Method

Spray your pan with oil and cook the onion and garlic over a medium heat until beginning to soften but not brown. Add the chill flakes and red pepper and cook for a minute before adding the chicken and chorizo. Fry for another couple of minutes until the chorizo begins to release it's oil.

Add the tomatoes and stock and bring to a simmer, then stir in the borlotti beans. Cook for a further 20 minutes, until the stew has reduced and thickened, then stir in 3/4 of the chopped coriander.

Serve garnished with the remaining coriander, and with wholemeal pitta bread.