## 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

40z/120g Spanish chorizo - sliced

1/2 red pepper (capsicum) - chunked

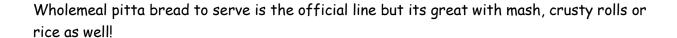
3 boned and skinless chicken thighs - sliced into strips

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



## 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.

