



CHICKEN AND VEGETABLE STEW

A hearty, warming and flavourful bowl of comfort food that's super easy to prepare.

10 minutes

20 minutes

2 portions

INGREDIENTS

- 450 grams of chicken, breast, grilled with skin, meat only
- 1 tsp of coconut oil
- 1 small onion, chopped
- 2 celery sticks, chopped
- 2 large carrots, chopped
- 1 large (or 2 small-medium) red peppers, chopped
- 3 cloves of garlic, chopped or minced
- 355ml of water with 1 chicken or vegetable stock cube
- 1 tin of tomatoes
- 1 bay leaf
- 1 tsp of paprika
- salt and pepper to taste
- 1 tsp mixed herbs, fresh or dried
- 1 medium courgette, chopped

COOKING METHOD

- 1° Cut chicken breast into cubes and pan fry the chicken in a large saucepan in some coconut oil until browned
- 2° Remove it to a plate.
- 3° Add onion, celery and carrot and cook in the same pan you cooked the chicken previously for 4-5 minutes until slightly browned.
- 4° Add the rest of the ingredients, but not the courgette, stir through and bring to the boil.
- 5° Cover with a lid and cook on a medium heat for 20 minutes, stirring occasionally.
- 6° Add the courgette and cook for a further 10 minutes.
- 7° Serve and enjoy.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (489 g)	% DRI
ENERGY	95 kcal	463 kcal	23 %
PROTEIN	15 g	72 g	144 %
CARBOHYDRATE	4 g	19 g	7 %
SUGARS	2 g	9 g	10 %
FAT	2 g	12 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	21 %
FIBER	1 g	4 g	14 %
SODIUM	203 mg	992 mg	41 %