



Smoky Chicken & Bean Stew

4 Servings

Ingredients:

1 small red onion sliced, 2 garlic cloves crushed, 1 tbsp olive oil, 1 tbsp chilli powder, ½ red pepper cut into chunks, 4 skinless chicken thighs cut into strips, 160gr Chorizo cut into slices, 4 tomatoes chopped, 300ml chicken stock, 400g tin kidney beans rinsed and drained, ½ small bunch coriander chopped and wholemeal pita bread to serve.

Method:

Cook the onion and garlic in the olive oil until softened. Add the chilli powder and pepper and cook for a minute. Add the chicken and Chorizo and fry for a couple of minutes. Stir in the tomatoes and stock and bring to a simmer. Add the beans and cook for another 15-20 minutes until thickened. Stir in the coriander and serve in bowls with the pita bread.

