

# CHICKEN, CHORIZO & CHICKPEA STEW

RECIPE BY CLEAN PLATE

SERVES 4 (2 ADULTS AND 2 CHILDREN) OR 6 – 8 TODDLERS



## INGREDIENTS

- |     |            |                                                                                    |
|-----|------------|------------------------------------------------------------------------------------|
| 1   | Tbsp       | Olive oil (or alternative)                                                         |
| 6-8 | each       | Chicken thighs (skinless and boneless), diced                                      |
| 1   | tsp        | Turmeric                                                                           |
| ½   | each       | Lemon, juice only                                                                  |
| 1   | each       | Onion, peeled and chopped                                                          |
| 2   | each       | Garlic cloves, crushed                                                             |
| ½   | each       | Chorizo sausage, cut in half lengthwise then sliced <b>OR</b> 1 tsp smoked paprika |
| 2   | each       | Carrots, cut in half lengthwise then sliced (half-moon shape)                      |
| 1   | each       | Bay leaf (optional)                                                                |
| 1   | can (400g) | Chopped tomatoes                                                                   |
|     |            | Water                                                                              |
| 1   | can (400g) | Chickpeas, drained and rinsed                                                      |
| 2   | cups       | Cavolo nero, kale, silver beet or spinach, shredded                                |
|     |            | Salt and pepper                                                                    |



## METHOD

1. Season chicken pieces with salt, pepper, turmeric, and lemon juice (if using). Reserve.
2. In a frying pan, heat olive oil and add onions. Fry for a couple of minutes and add the carrots, garlic and chorizo, continuing to cook until onions are soft.
3. Add the reserved chicken, and cook, stirring occasionally, until chicken pieces have changed from pink to white on the outside.
4. Add enough water to just cover the chicken. Season.
5. Bring to the boil, reduce the heat and cover with a lid. Simmer for 15 to 20 minutes, stirring occasionally, until chicken and vegies are cooked.
6. Add chickpeas and cavolo nero (or substitute) and cook for an extra 5 minutes, adding a little more water if needed.
7. Once time is up, check seasoning and serve.

