

One Pot Chicken Stew

Prep time: 25 mins

Cooking time: 1h 30 mins



4



8



Ingredients

2 sticks of celery, chopped

2 medium onions, chopped

2 carrots, chopped

3 medium potatoes, peeled and chopped

1 tablespoon of vegetable oil

500g/1lb of boneless, skinless chicken thighs, diced

1 tablespoon of plain flour

500ml/18fl oz of apple juice

1 x 400g/14oz (large) tin of chopped tomatoes

Black pepper to season



Method. Pre heat oven to 180°C / Gas Mark 4

- Wash, peel and prepare all the vegetables then place in a casserole pan (apart from the potatoes) with a tablespoon of olive oil and fry on a medium heat for 10 minutes
- Add the chicken, potatoes, flour, apple juice, tinned tomatoes and black pepper and stir
- Bring to the boil then place in the oven with the lid on for 1 hour
- After an hour, remove the lid and cook for a final 30 minutes. If the stew looks a little dry, add a splash of water

Tip!

- For beef stew cook for 3 hours.
- For pork stew cook for 2 hours and 30 minutes.
- For lamb stew, cook for 2 hours and 30 minutes.

