

Spanish Chicken Stew

Ingredients

- 1 tbsp olive oil
- 8 chicken thighs
- 125g chorizo
- 1 onion, sliced
- 2 garlic cloves, sliced
- 100ml dry white wine (optional)
- 400g tin chopped tomatoes
- 400g tin cannellini beans, washed and drained
- 1 sprig thyme



Method

1. Heat the oil in a large pot with lid.
2. Cook the chicken thighs for 5 mins on each side. Remove from the pot.
3. Thickly slice the chorizo, then cook it for a couple of minutes until starting to brown, then tip in the onion and garlic, and cook for 5 mins.
4. Add the wine (if using) and simmer until nearly boiled away.
5. Tip in the tomatoes and beans, 200ml water and season. Return the meat to the pot and add the thyme.
6. Simmer for 30-35 mins with lid on (top the stew up with water if it looks like it's becoming dry) until cooked.
7. Cut into a thick chunk of chicken to check that it is cooked through.

Notes

A quick and easy dinner for friends and family – this simple chicken one-pot stew is full of flavour and perfect for those chilly evenings.