



## Comforting Irish Chicken, Chorizo & Vegetable Stew

A quick and comforting bowl of stew to warm your bones after a busy day! The chorizo adds a deliciously savoury and smoky flavour to a traditional chicken stew, and beautifully complements the fragrant thyme! Sealing the chicken locks in the flavour and moisture before stewing.

### Nutritional Info

Calories: 435 kcal  
Carbohydrates: 32g  
Protein: 36g  
Fat: 12g

### Ingredients

- Carrot
- Onion
- Baby potatoes
- Garlic
- Chicken
- Chicken stock cube
- Chorizo
- Thyme

### Your Pantry

- Olive oil

### Allergens

[Celery \(Stock cube\)](#)

[Milk \(Chorizo\)](#)

[Gluten \(Chorizo\)](#)

[Stock Cubes may contain traces of Egg, Celery, Soya & Mustard](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### **1) Prepare the vegetables and boil the kettle**

Chop the carrot, onion, potatoes and chorizo into precise small squares. Crush the garlic. Remove the thyme leaves from the stalk and discard the stalk. Make the stock up to 500ml per cube and set aside 150ml per person.

### **2) Saute the chorizo and veg**

In a large pot, fry the chorizo to draw out the oil (for about 3 minutes), add the crushed garlic and the rest of the vegetables and thyme, cook for 5 minutes.

### **3) Add the chicken**

Add in the chicken pieces and saute until sealed (cooked on the outside but not the middle). Next add the stock. Cover and cook for 15 minutes.

### **4) Plate the dish**

Ladle into bowls and enjoy!



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