

INGREDIENTS:

4 chicken breasts
150g drained tinned flageolet beans
100g drained tinned chickpeas
2 medium potatoes
2 carrots
1 onion
1 garlic clove
1 tin chopped tomatoes
2 teaspoons medium paprika
2 tablespoons olive oil
Sea salt, freshly-ground black pepper
ten chopped basil leaves.

TIME: 1 Hour

SERVING: 4 people



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Peel the potatoes and wash the carrots and slice all thickly. Chop the onion and garlic. Heat the oil in a casserole and sweat the onion until softened, add the chicken and brown on all sides then sprinkle with paprika and fry on all sides again. Add the garlic, carrots and potatoes, season well, add the tomatoes and bring up to a bubble and simmer, covered, very gently for 20 minutes. Add the beans and chickpeas, cook for a further 15 minutes then add the basil, stir through and serve immediately.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: