

CHICKEN & ROOT STEW

This one almost cooks itself! Preheat the oven to 180°C. Heat a little olive oil in a non-stick frying pan and saute 2 cloves of crushed garlic with a sliced onion. Add 8-10 chicken drumsticks or thighs and season with black pepper. Turn the chicken for 5mins to brown it all and transfer to an oven-proof casserole dish. Add chopped carrots and chopped sweet potato, 2 cans of chopped tomatoes and V, pint of hot chicken stock, cover with a tight fitting lid or foil and put in the oven for 40 min.utes. Remove from oven, stir in 150g of frozen peas and put back into the oven for a further 10 minutes or until the chicken is cooked thoroughly. Serve sprinkled with freshly chopped flat leaf parsley and crusty bread.

Serves 3-4