

Chicken cacciatore with potatoes

Ingredients

1 tbsp olive oil
400–500g/14oz-1lb 2oz chicken thighs
1 onion, diced
1 carrot, finely diced
1 stick of celery
2 garlic cloves, sliced
1 x 400g/14oz tin tomatoes
250ml/9fl oz water
1 tsp dried mixed herbs
600g/1lb 5oz potatoes, cut into bite-sized pieces
Black pepper



PROJECT FOOD

A helping hand to healthy eating



Method

1. Heat a large saucepan over a medium heat. Add the oil and, once hot, add the chicken thighs, skin side down.
2. Brown the chicken on each side for 3-4 minutes, or until nicely golden-brown.
3. Remove the thighs from the pan and set to one side.
4. Add the onion, celery and carrot to the saucepan and stir over the heat. Fry for 6-7 minutes, or until the onions are soft and translucent. Add the garlic and continue to cook for two more minutes.
5. Add the browned chicken back to the pan along with any juices from the meat.
6. Pour over the tomatoes, water and mixed herbs and mix well to make sure every thing is evenly distributed.
7. Season with pepper, cover with a lid and gently simmer for 10 minutes.
8. Add the potatoes to the pan and cook for a further 10-12 minutes, or until the chicken and potatoes are cooked through and the sauce thickened slightly.

This easy chicken recipe is a great meal to have bubbling away on the stove for a simple supper with friends or a family-friendly mid-week meal. This is designed to be a low cost recipe.

Try adding different vegetables to give it a seasonal feel, or add sliced peppers and some paprika or chilli flakes for extra flavour. With leftovers, on day two, add a tin of chickpeas or borlotti beans and some spices to the leftovers to make it go further and change the taste.