

Chicken cacciatore with potatoes



PROJECT FOOD

A helping hand to healthy eating

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



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.

Chocolate & beetroot muffins

Makes 16 muffins

Ingredients

150g / 6oz white plain flour
150g / 6oz wholemeal flour
4 tsp baking powder
225g / 9oz golden caster sugar
75g / 3oz cocoa powder
3 medium eggs
175ml / 6 fl oz rapeseed or vegetable oil
400–500g / 14–18oz raw beetroot, grated
2 teaspoons vanilla essence
6 tbsp milk

Method

Preheat oven 180°C / Gas mark 5 for muffins

1. Mix the eggs, oil, milk and vanilla essence together in a small bowl.
2. Mix the flour, sugar, cocoa in a large bowl, then add the beetroot and give it a good stir.
3. Add the egg mixture into the flour mixture and stir until all combined.
4. Spoon the mixture into 16 muffin cases.
5. Place in oven and cook for 20 - 25 minutes.
6. Test if ready by putting a skewer or thin knife into the middle of cake and if it comes out dry it is cooked, if it comes out with cake mix clinging it needs more time in the oven.



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You can also make one large cake instead of muffins. The cake will need longer in the oven but needs to be at a lower temperature.
160°C / Gas mark 3 for 40-50 minutes.