

Chicken and root vegetable stew



This is a great hearty meal that can be cooked in one pot, great for all the family.



Ingredients

- Olive oil
- Onions chopped
- Garlic crushed
- Root vegetables chopped- carrots, parsnips, swede, turnip, celeriac, sweet potato
- Chicken breast
- Herbs and spices-mixed rosemary, coriander, paprika, turmeric, thyme, cumin, pepper
- Chicken stock
- Prune juice

Method

Using one pot on the hob, begin by frying the onion for a few minutes in a glug of oil then garlic.

Add the root vegetables of your choice to the pot and your desired herbs. Add the chopped chicken and stir fry till browned.

Meanwhile prepare your chicken stock ion water and add approximately 1/3 prune juice to 2/3 stock give it a stir and add it to the pot so everything has a good covering.

Cover and leave to simmer for 30-40 minutes then serve with wholegrain rice, bread or mashed potato.