

Beetroot stew with chicken

Makes 4 servings



Ingredients (allergens in bold)

- 4 chicken thighs – skinned and cut into 2cm cubes
- 2 large beetroot - peeled and grated
- 2 carrots - peeled and grated
- 2 **chicken or vegetable stock cubes** made up to 1 litre with boiling water
- 1 tbsp oil
- 1 medium onion - diced
- 3 potatoes - diced
- 1 clove garlic - crushed
- 1 bunch spring onions - chopped
- 100ml **sour cream**
- 50g fresh parsley - chopped
- black pepper

Method

1. Heat the oil in a large pan and fry the carrots, onion, potatoes and chicken for 5 minutes.
2. Add the grated beetroot and the stock and season with black pepper. Simmer for 15 minutes
3. Add the garlic and spring onions and continue to simmer for another 10 minutes.
4. Stir in the chopped parsley.
5. Ladle into bowls and garnish with sour cream.



Equipment

- sharp knife
- chopping board
- garlic crusher
- wooden spoon
- measuring jug
- peeler
- grater
- large pan

Recipe notes and tips

- Serve this with crusty bread.