

WHOLESOME CHICKEN CASSEROLE WITH VEGETABLES & BORLOTTI BEANS



MINUTES TO PREPARE
15



TIME TO COOK
1 hr



SERVES
5

INGREDIENTS

10 chicken drumsticks
1 teaspoon smoked paprika
2 carrots, peeled and diced
4 rashers of bacon, diced
1 onion, peeled and finely diced
1/2 red pepper, chopped
1 clove of garlic, peeled and crushed
1 tablespoon rapeseed oil
400g tin of chopped tomatoes
200ml water
400g tin borlotti beans, drained and rinsed
1 teaspoon soy sauce
1 teaspoon Worcestershire sauce
1 teaspoon vegetable bouillon
2 bay leaves
1 sprig rosemary, finely chopped

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Heat the rapeseed oil in a large oven proof dish (with a tight fitting lid), over a high heat. Season the chicken drumsticks with paprika and brown in the oil until they are golden. Don't worry if the skin sticks to the pan as this will add flavour.
- 3 Remove the drumsticks to a plate and add the vegetables and bacon to the oil. Brown for 3 minutes until they start taking on some colour. Add the chopped tomatoes and water, and bring to the boil. Scrape the bottom of the dish with a spatula to add to the flavour.
- 4 Add the drained borlotti beans, soy sauce, Worcestershire sauce, vegetable bouillon, bay leaf and chopped rosemary. Season well with salt and pepper.
- 5 Place the browned chicken drumsticks to the top of the tomato sauce and beans and bring back to a gentle simmer.
- 6 Place the lid on and cook in the oven for 1 hour. Serve with sweet potato mash or gnocchi, and some French green beans.

"This, for me, is the ultimate kind of comfort food. I cook it when I need cheering up, when I'm feeling like something wholesome and comforting, or when I think we've had too much 'yellow' food for a while. It's like a nutritious bear hug for all the family."

If you don't like bones in your chicken while you eat, using a small knife you can gently take the chicken off the bone before stirring it through the sauce. (You could also use chicken thighs with bones instead.) The bones add to the nutritional value and thickness of the sauce (creating a bit of a stock) so they are good to have in while you are cooking"