

Winter Warming Chicken and Pulse Stew

Serves: 4

Prep time: 15 mins

Cooking time: 1hr20mins

Ingredients

For the Roast Veg

- 1 courgette sliced
- ½ a butternut squash (100g) peeled and chopped into 2.5cm pieces
- 1 red/yellow pepper cut into chunks
- 2 garlic cloves, peeled and bruised
- 1 -2 tsp dried thyme
- 1-2 tsp dried rosemary
- 2 tbsp olive/rapeseed oil

For the stew

- 1 tbsp olive/rapeseed oil
- 6 chicken thighs (ideally skinless and de-boned)
- 3 leeks sliced
- 2 cloves garlic, peeled and crushed
- 1x 400g tin chopped tomatoes
- 568ml veg/chicken stock
- 1x400g tin of chickpeas (drained)
- 1x 125g tin of lentils (drained)
- Salt and pepper to season
- 1tsp dried thyme

To serve: wholemeal basmati rice

1. Pre-heat oven to 180°C/160°C fan/gas 4
2. Wash and slice the courgettes, leeks and pepper, wash and cut the squash into chunks and finely chop the garlic.
3. Scatter the courgette, squash, pepper, dried thyme and rosemary and 2 cloves of garlic in a large roasting tray, drizzle some of the oil over and toss through. Cook in the oven for 40 minutes turning half way. Put to one side.
4. For the stew, heat the oil in a large casserole dish, fry the chicken for 5 minutes until browned on all sides over a medium heat. Add the leeks and 2 cloves of chopped garlic and fry for 2-3 minutes, stirring frequently.

5. Add the chopped tomatoes, chickpeas, lentils and dried thyme, stir well to combine and bring to a gentle simmer. Put the lid on and place in the oven for 1 hour or until the chicken has cooked through and the stew has thickened.

6. Remove the stew from the oven and add the roasted vegetables, season to taste with salt and pepper.

Nutrition information	Amount per serving	% of an adults GDA
Energy	495kcal	25%
Protein	55g	122%
Carbohydrate	25g	10%
of which sugars	10g	11%
Fat	10g	14%
of which saturates	3g	15%
Fibre	9.5g	40%
Salt	1.1g	18%

This recipe was created on behalf of GlucoMen by Rebecca Collins, Dietitian.