

# Chicken and Chorizo Stew



## Ingredients list

- 2 tbs olive oil
- ½ tsp chilli powder (optional)
- 1 tsp ground cumin (optional)
- 1 medium onion
- 2 -3 cloves of garlic
- 100g chorizo sausage
- 1 tin of chickpeas
- 1 tin of tomatoes (whole are best, although chopped are ok)
- 1-2 breasts.
- 2 tbsp tomato puree
- 2 tsp paprika
- 1 chicken stock cube

## Equipment list

- Red chopping board
- Brown chopping board
- Sharp knife
- Saucepan with lid
- Can opener
- Measuring jug
- Plastic spoon

# Method

1. Peel and finely dice the onion
2. Heat a large saucepan in a medium heat. Add the oil and add the onions. *Stir every minute. Cook them with a lid on.*
3. Peel and chop the chorizo and add it to the saucepan





# Method

4. Use a separate chopping board and knife for the raw chicken! If you have chicken breast chop the chicken and add to the saucepan. *Stir every minute. Keep the lid on. Fry until chicken breast has gone white*
5. Whilst it is frying get the following ready:
  - *Open, drain and rinse the chickpeas. Leave in sieve*
  - *Peel and chop the garlic. Leave on chopping board*
  - *Open can of tomatoes.*
  - *Make up stock by putting stock cube in a measuring jug and adding 200ml of boiling water.*





# Method

6. Add the garlic and spices to the saucepan. Cook for 1 minute
7. Add the stock (200ml), tomatoes, chickpeas, puree, salt, sugar and herbs.
8. Keep your lid on and allow it to come to the boil. Once it is boiling, turn the heat down to a simmer. You want to reduce the liquid in your stew slightly to thicken the sauce

