

CHILLI CHICKEN ONE POT



Ingredients

- 2 large onions , halved and sliced
- 2 tbsp olive oil
- 265g chorizo ring, peeled and thickly sliced
- 4 red peppers , deseeded and cut into large chunks
- 2 x 400g/14oz can chopped tomato
- 2 chicken stock cubes
- ½-1 tsp dried chilli flakes
- 2 tsp dried oregano
- 16 boneless skinless chicken thighs
- 3 x 410g/14oz cans red kidney beans , drained
- 15g pack coriander , chopped

To Serve:

2-3 avocado , skinned and sliced
good squeeze lime juice

Method

1. Heat oven to 180C/fan 160C/gas 4. Fry the onions in the oil for 5 mins until they become soft and start to colour. Add the chorizo and fry for a few mins more. Stir in the peppers, then pour in the tomatoes, followed by a can of water, the stock cubes, chilli and oregano.

2. Arrange the chicken thighs on top of the sauce, pushing them under the liquid. Bring to a simmer, cover, then cook in the oven for 40 mins. Add the beans, stir, then cook for 20 mins more. You can make this up to 2 days ahead and keep chilled.

3. To serve, reheat on the top of the stove or in the oven at 190C/fan 170C/gas 5 for 1 hr 10 mins until

piping hot. Stir in most of the coriander, toss the rest with the avocado, lime and a little salt, then pile this on top. Serve with Garlic & oregano bread (below) and a bag of green salad tossed with olives, cherry tomatoes and finely sliced red onion.

Why not try... Garlic & oregano bread

Beat 250g soft salted butter with an electric hand whisk until creamy, then beat in 6 crushed garlic cloves and 2 tsp dried oregano.

Thickly slice 2 long French bread sticks on the diagonal, then sandwich the slices back together with the garlic butter to reform the loaf.

Wrap each loaf in foil. Heat in the oven at 190C/fan 170C/gas 5 for 25 mins until the bread is hot and the butter has melted