

Chicken and Chorizo Stew

Prep: 10mins

Cook: 35mins

Serves: 4

Ingredients

- 1 tbsp olive oil
- 5oz (150g) chorizo, sliced
- 1lb (450g) boneless chicken thighs
- 1 large onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 large garlic cloves
- ½ tsp of dried thyme
- ½ tsp oregano
- ½ tsp cumin
- 1 tbsp smoked paprika
- 2 tbsp tomato paste
- ⅓ cup (75 ml) dry red wine
- 1 can (14 oz / 400g) chickpeas, drained and rinsed
- 1 cup (200 ml) tomato sauce (passata)
- 1 cup (250 ml) chicken stock
- ¼ cup (20 g) fresh parsley, chopped
- Salt and pepper to taste

Chicken and Chorizo Stew

Method

1. Heat the olive oil in a large, heavy-bottomed pot and cook the chorizo for 2-3 minutes over medium heat until slightly crispy. Remove the chorizo from the pot with a slotted spoon and set it aside.
2. Add the chicken to the pot and cook for 5-6 minutes until no longer pink and slightly golden. Remove the chicken and set it aside.
3. Add the onion and bell peppers to the pot and cook for 5-6 minutes until softened. Stir in the garlic, oregano, thyme, cumin and smoked paprika and continue to cook for another minute.
4. Stir in the tomato paste, then add the red wine and cook for 1-2 minutes until the alcohol evaporates.
5. Add the chickpeas, the cooked chorizo and chicken, then pour the tomato sauce and chicken stock. Stir to combine and bring to a boil. Lower the heat and simmer for 15 minutes.
6. Stir in the fresh parsley, season to taste and serve with some crusty bread or a salad.