

Summer one-pot Chicken

Ingredients

- 600g Chicken thigh fillets, halved
- 2 tbsp Olive oil
- 200g yellow squash, thickly sliced
- 450g kipfler potatoes, peeled, thickly sliced.
- 2 garlic cloves, crushed.
- 250g cherry tomatoes, halved.
- 125ml (1/2 cup) chicken stock
- 125ml (1/2 cup) cream
- 1 tbsp fresh oregano leaves
- 150g green beans, trimmed.
- 100g sugar snap peas, trimmed.
- Crusty bread to serve.



HEAL

HEALTHY EASY ACCESSIBLE LOCAL

FOODS

Method

Step 1 – Season chicken well. Heat oil in a large heavy-based frying pan over medium heat. Cook chicken for 1-2 minutes each side or until golden. Remove from pan and set aside.

Step 2 – Add squash to pan. Cook, stirring, for 2-3 minutes or until lightly golden and just tender. Remove and set aside. Add potatoes and garlic and cook for 2 minutes.

Step 3 – Add tomatoes, cook, stirring often, for 5 minutes until tomatoes start to soften. Add stock and cream. Simmer for 2-3 minutes. Return chicken to pan with oregano. Simmer a further 4-5 minutes until potatoes are tender.

Step 4 – Return squash to pan. Add beans and sugar snap peas and simmer for 1-2 minutes until heated through. Season well. Divide among serving bowls, scatter with extra oregano and black pepper. Serve with crusty bread.