

# CHICKEN STEW



## DID YOU KNOW?

A hearty dish packed with delicious ingredients, including lentils, which add extra fibre, protein and minerals like iron and zinc.



# CHICKEN STEW

DO IT! ☺

SERVES: 4

GET IT! ☺

## INGREDIENTS

8 chicken thighs  
1 tbsp harissa paste  
30ml oil  
1 large onion, sliced  
4 tsp garlic purée  
1 carrot, cut into large dice  
100g green lentils  
400g tin chopped tomatoes  
100g dried whole apricots  
130g drained tinned chickpeas  
400ml chicken stock  
1 tsp fresh chopped coriander

This recipe was created by  
Harrison's Director of Food  
and Service Mark Stower.

Prep time: 60 minutes

1. Rub the harissa paste over the chicken thighs and leave them in a bowl in the refrigerator for 1 hour. (For a less spicy dish, use  $\frac{1}{2}$  tablespoon of harissa paste. Or leave out the harissa completely and instead mix 20ml of olive oil with a tablespoon of fresh chopped tarragon and rub over the chicken thighs.)
2. Add the oil to a large frying pan and place on the stove over a medium heat. Allow the oil to heat for 30 seconds and then place the chicken thighs into the pan. Brown on all sides.
3. When browned, add the onion and garlic purée, followed by the carrot and lentils.
4. Add the chopped tomatoes, apricots, chickpeas and chicken stock and bring to the boil. Simmer for 1 hour on the stove.
5. Transfer the stew to a serving dish if you wish, then top with the chopped coriander and serve.