

Chilli chicken sauce (6 portions; 1½ hrs)

For the sauce

2 red onions
2-3 cloves garlic
4 tbsp olive oil for frying

640g chicken breasts
(optional: 70g chorizo, cut into small chunks)
2 peppers
1 jar chilli chicken sauce (660g)
1 tin peeled plum tomatoes
1 tin sweetcorn
1 tin chickpeas
1 tin kidney beans
1 tin other beans of some kind (e.g. butter beans, canellini)

2 rounded tsp smoked paprika
salt & pepper to taste

Chop the garlic and dice the onion, equip the dearly beloved wooden spoon, and fry in the olive oil on low heat (add chorizo if using). While these are cooking, cut the chicken into chunks straight into the pan. Add salt, pepper, and smoked paprika, turn up the heat and fry until the chicken is cooked.

Boil the kettle, cut the peppers into chunks, and drain & rinse the beans. Add all the remaining ingredients to the pot and cover with water (rinse the sauce jar into the pot) and mix well.

Bring to the boil, then cover and simmer for 40 minutes. Top up the water level if needed.