



BrendonCare

Cooking For One

Quick and Easy Spanish Chicken

1 skinless boned chicken thigh
Small splash of Vegetable oil
1oz Frozen Onions
Garlic to Taste
1oz chopped Chorizo
2 small new potatoes
1 small pinch Smoked Paprika
1 teaspoon Tomato Puree
½ small tin of chopped tomatoes
½ teaspoon vegetable bouillon
2oz frozen chargrilled vegetables
Salt and Pepper to taste
½ teaspoon sugar
Tiny splash of vinegar



Method

1. Preheat to 180°C.
2. Oven at Lightly fry the onions and chorizo in vegetable oil without colour.
3. Add the chicken thigh and place the lid on the pan, cook for 2 mins.
4. Turn the chicken over, add the wedged potatoes chopped tomato, smoked paprika, water, garlic, tomato puree, vegetable bouillon and the chargrilled vegetables.
5. Stir around add the sugar and vinegar, stir around, bring to the boil, turn to a simmer, place a lid on the pan and place in the oven for 30 mins.
6. Remove from oven and serve into a warmed bowl.
7. Enjoy.

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