

Chicken and chickpea stew

INGREDIENTS

- 🍲 6 skinless and boneless chicken thighs
- 🍲 1 tbsp plain flour
- 🍲 2 tbsp olive oil
- 🍲 10 shallots or 1 large onion, chopped
- 🍲 500g new potatoes, kept whole if really small or halved if a bit bigger
- 🍲 4 garlic cloves
- 🍲 3 carrots peeled and sliced
- 🍲 1.5L chicken stock
- 🍲 2 cans chickpeas
- 🍲 2 bay leaves
- 🍲 1 tbsp fresh thyme
- 🍲 Salt and pepper
- 🍲 Fresh thyme to garnish

METHOD

- 🍲 Sprinkle the flour and a little salt over the chicken and coat well
- 🍲 Select a pan big enough to eventually hold all the ingredients and add 1 tbsp olive oil
- 🍲 Heat the oil and brown all the chicken pieces but don't cook through. When browned all over, remove the chicken and set aside
- 🍲 Add the 2nd tbsp of oil to the pan and add the carrots, potatoes, garlic, shallots and cook for 5 minutes, stirring a little
- 🍲 Return the chicken to the pan, add the stock, thyme and bay leaves. Bring to a simmer, cover and cook for 25 minutes
- 🍲 Remove the lid, add the chickpeas and cook for a further 10 minutes. The potatoes should be soft and cooked through and the chicken juicy and tender enough to cut with a spoon
- 🍲 Season, sprinkle with the parsley and serve.