

Chicken, Rice, Sweetcorn & Tomatoes

This is a very simple dish, and you can use anything with it really: instead of chicken, you can have extra veg or tofu, or use squash or sweet potato for a rich warming dinner. It feels like it should be a curry or tagine, but there are no exotic spices, just salt and pepper (although there's nothing to stop you adding chilli or other spices of course); it's a nice easy casserole, and delicious with rice, pasta, mashed potatoes, or flat bread. Make the most of our tasty sweetcorn; it will soon be gone as the weather turns colder!

Serves 4

- 8 chicken thighs
- 2 small onions, sliced
- 1 green pepper, deseeded & sliced
- 200g tomatoes
- 300ml chicken stock
- 25g butter
- 2 sweetcorn cobs, kernels sliced off
- 25g toasted peanuts
- handful chopped parsley
- salt & black pepper
- 2-3 tbsp olive oil
- 275g brown rice, cooked & drained



SXC

Slice the tomatoes into halves or quarters, depending on the size. Drain any excess juice, sprinkle with salt and pepper, then cook in a preheated oven at 180C for 30 minutes, until well roasted. Heat the oil and butter in a large wok or heatproof hob casserole dish. Fry the chicken until golden and scoop out. Fry the sliced onions in the dish gently for a few minutes until soft. Add the sliced pepper and stir for a minute. Stir in the stock, roasted tomatoes and season. Add the chicken, cover and cook for 30 minutes until the chicken is tender. Add the sweetcorn kernels, then stir in the rice and cook gently until well heated through. Sprinkle the toasted peanuts and parsley over the top when serving.



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