

Veggie, chicken & chorizo casserole

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Preparation 15 mins | Cooking 1 hour 30 minutes | Serves 4-6

- 2 tbs olive oil
- 1 chorizo sausage, diced
- 1 large red onion, cut into wedges
- 3 garlic cloves, finely chopped
- 2 tbs plain flour
- 1 tbs smoky sweet paprika
- 8 chicken thigh cutlets, skin on, trimmed
- 2 tbs tomato paste
- 2 large carrots, peeled and quartered
- 4 small parsnips, peeled and halved lengthways
- 400g can diced tomatoes
- 1½ cups chicken stock
- 5 sprigs thyme
- 3 fresh bay leaves
- Lemon zest, couscous & baby rocket leaves, to serve

STEP 1 Preheat oven to 160°C/140°C fan-forced. Heat oil in large flame-proof casserole pan. Add chorizo, onion and garlic and cook, stirring often, over medium heat for 4-5 minutes until onion is soft. Remove to a plate and set aside.

STEP 2 Combine flour and paprika in a large snap-lock plastic bag. Add chicken and toss to coat. Shake off excess flour. Cook chicken, in batches, over medium-high heat until evenly browned. Transfer to a plate. Return chorizo mixture to pan. Stir in tomato paste and cook, stirring, for 1 minute.

STEP 3 Return chicken to pan. Add carrots, parsnips, tomatoes, stock, thyme and bay leaves. Season with salt and pepper. Cover and bring to the boil. Carefully transfer pan to the oven. Bake, covered, for 1 hour 15 minutes or until chicken and vegetables are tender. Sprinkle with lemon zest and serve with couscous and rocket.

