



Ligurian Chicken Stew

with Potatoes and Spring Peas



30-40min



2 Portions

Inspired by the flavours of north-western Italy, we bring you this rustic tomato-based stew. Featuring olives, green beans and basil, three core ingredients from this coastal region, as well as potatoes for starch and sustenance, this comforting chicken dish is a fabulous one-pot option.

What we send

- free-range chicken thigh fillets
- green peas
- onion
- pitted kalamata olives
- diced tomatoes
- potato
- garlic, basil

What you'll require

- olive oil
- plain flour 1
- sea salt and pepper
- water

Utensils

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Due to market availability, the beans in this recipe have been swapped with peas. The images do not match your recipe, but rest assured the method is correct and this dish will still taste delicious.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 530kcal, Fat 25.6g, Carbs 34.1g, Proteins 36.5g



1. Prepare ingredients

Finely chop the **onion**. Crush or finely chop the **garlic**. Coarsely chop the **olives**.



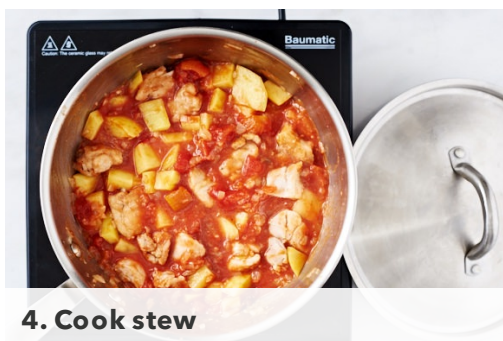
2. Prepare chicken

Peel the **potato** and cut into 1.5cm chunks. Cut the **chicken thighs** into 3cm chunks and put in a bowl. Add the **flour, salt and pepper** then toss to coat the chicken.



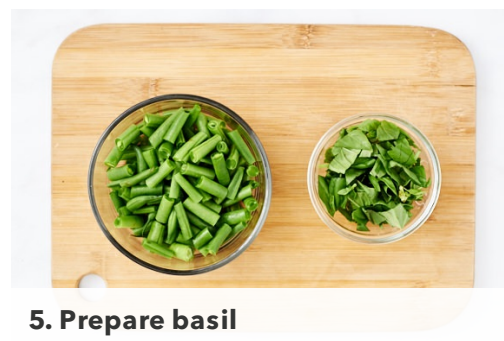
3. Brown chicken

Heat **half the oil** in a deep frypan over high heat and cook the **chicken**, turning halfway through, for 3-4 mins until the chicken is golden. Transfer to a bowl. Reduce heat to medium, add the **remaining oil, onion and garlic**, and cook for 3-5 mins until the onion has softened.



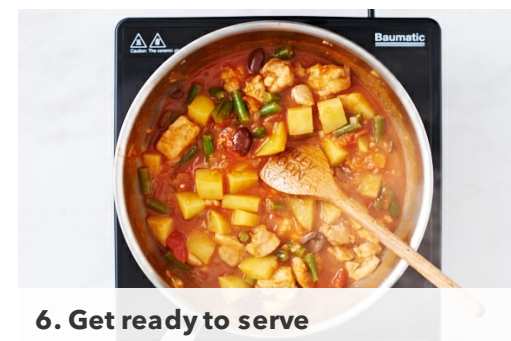
4. Cook stew

Return the chicken to the pan with the **tomatoes, potato** and **80ml (1/3 cup) water**, and bring to the boil. Cover with a tight fitting lid and simmer for 10 mins.



5. Prepare basil

While the chicken is cooking coarsely chop the **basil** leaves, discarding the stems.



6. Get ready to serve

Stir the **olives** into the stew and cook for a further 6 mins. Add the **peas** and cook for 2-4 mins or until the potatoes are tender. Spoon the chicken stew into bowls and scatter with the **basil** to serve.