

CHICKEN & KALE STEW

INGREDIENTS

- 3 bay leaves
- 1 lb cooked chicken pieces
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 1 onion, thinly sliced
- 3 medium carrots, chopped
- 3 cloves garlic, crushed
- 1/2 tsp dried chilli flakes
- 500ml chicken stock
- Handful of new potatoes, sliced
- 1 bunch kale, stemmed and torn into 5cm pieces
- 1/2 cup pearl barley
- 1/2 cup frozen sweetcorn
- 1/2 tsp freshly ground black pepper

KALE IS A NUTRIENT RICH VEGETABLE, IT IS A GOOD SOURCE OF VITAMIN K WHICH WE NEED TO HELP WOUNDS HEAL PROPERLY

DIRECTIONS

- 1. In a large heavy bottomed pot, heat the olive oil and butter over medium heat. Add the onion and carrots and cook for 2-3 minutes, stirring occasionally, until the onion is translucent and the carrot is beginning to soften. Stir in the garlic, bay leaves and dried chilli flakes*
- 2. Add the chicken stock, pearl barley and potatoes, bring to the boil, cover and simmer for 30 minutes until the barley and potatoes are tender.*
- 3. Add the chicken, frozen sweetcorn and kale to the pan, bring back to the boil and continue to cook until the chicken is warmed through and the kale is just wilted, 5 minutes.*
- 4. Season with black pepper and serve with crusty bread*