



ROYAL
VOLUNTARY
SERVICE

CHICKEN & VEGETABLE ONE-POT

Filomena Komodromou

SERVES 4

Ingredients

- 1-2 onions, finely sliced
- 2 cloves of garlic, finely chopped
- 4 chicken thighs, skin on
- 3 large potatoes, cut into 6-8 chunks
- 3 carrots, peeled and cut into chunks
- Half a pack of green beans, cut in half
- 1 stock cube with 400ml water
- 1 tsp of dried herbs or any fresh herbs you have, finely chopped
- 2 tbsps vegetable oil
- Salt and pepper (not included)



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Method

- 1. In a large frying pan or pot (with a lid) place some oil and over a medium heat brown the chicken thighs (4-5 minutes) on each side.**
- 2. Prepare the vegetables whilst the chicken is browning.**
- 3. Remove the chicken from the pan and place all the prepared vegetables in the pan with a good pinch of salt and pepper.**
- 4. Fry them for five minutes before adding the stock cube (broken up) into 400ml of water.**
- 5. Add the dried herbs and place the chicken on top of the vegetables, and place the lid on the pan.**
- 6. Allow to cook for 20-30 minutes over a low heat until all the vegetables are soft .**
- 7. Serve straight away with rice, crusty bread or green vegetables.**

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