



Knorr[®]
PROFESSIONAL

Best
IN THE
BUSINESS

KATH BRECKON | EDUCATION | 10 SERVINGS

SPANISH CHICKEN STEW

INGREDIENTS

150g Ready to eat Chorizo, diced
750g Chicken thighs, diced
300g Onion, diced
20g Knorr Professional Garlic Puree
700g Tinned chopped tomatoes
15g Knorr Professional Vegetable Powder Bouillon
500g Cannellini beans, drained
200g Frozen spinach, defrost before use

METHOD

- Place a saucepan on to a medium heat and add the chorizo then cook for 3-4 minutes allowing some of the oil to be released.
- Add the onion and chicken, coat in the oil then allow to seal for 4-5 minutes.
- Pour in the tomatoes and stir through the KNORR Professional Garlic Puree then cover with a lid or foil and simmer for 20 minutes.
- Add the beans along with the KNORR Professional Vegetable Powder Bouillon and stir together.
- Continue to cook for a further 15-20 minutes or until core temperature is reached.
- Squeeze any excess water from the spinach then stir through the chicken before serving with a selection of vegetables.