

## ONE POT POTATO AND SPANISH CHICKEN DISH



**Serving:** 6

**Cooking Time:** 30 minutes

**Prep Time:** 15 minutes

### INGREDIENTS

- 125ml (½ cup) olive oil

- 1 large red onion, finely chopped
- 3 garlic cloves, finely chopped
- 2 x 400g tins chopped tomatoes
- Salt, to taste
- 300g butternut, cubed
- 500ml (2 cups) chicken stock
- 8 large eggplants, cubed
- 1kg large potatoes, roughly chopped
- 1kg chicken breast, largely cubed
- 30ml (2 tbsp) dry mixed herbs
- 125ml (½ cup) fresh flat-leaf parsley, chopped

## INSTRUCTIONS

Tips: Great wholesome meal to share with the whole family

1. In a large pot, heat the oil and over medium heat, sauté the onion and garlic for a few minutes. Add the tomatoes and season. Cover and cook for (+/- 30 minutes)
2. Add the butternut and stock and cook covered until the butternut is soft, next add the eggplants and continue to cook until the eggplants are cooked
3. In another pot heat a little oil and cook the potatoes until cooked and golden, spoon the potatoes into the tomato mixture.
4. In the same pot cook, the chicken in batches until cooked and golden add the chicken to the tomato mixture together with the dry herbs and parsley