

# Spicy chicken & bean casserole

(Serves 3)

## Ingredients

- 2 tsp Oil, Olive, napolini
- 400g Chicken Breast fillets, diced
- 200g Onions, diced
- 200g Carrots, diced
- 1 x 400g tin Chick peas in water
- 1 x 400g tin Red Kidney beans in water
- 1 x 400g tin Tomatoes, chopped, napolini
- 1 Stock pot, (knorr chicken)
- 700ml Water
- 1 tbsp Cornflour
- 1 tsp Tabasco sauce
- 2 tbsp Tomato puree
- 1/8 tsp Black pepper

## Preparation

1. Pre heat oven to 170°C/325°F/Gas Mark 3 (140° fan).
2. Heat oil on hob in a flameproof casserole dish. Cook chicken on both sides until lightly brown.
3. Add onions & cook until softened. Add carrots.
4. Drain & rinse chickpeas & kidney beans & add to casserole dish along with tomatoes.
5. Dissolve stock pot in the 700mls of boiling water. Blend cornflour in a cup with a little of the stock.
6. Add to casserole with remainder of stock, Tabasco sauce, tomato puree & black pepper. Stir.
7. Bring to boil, cover & transfer to oven. Cook for a minimum of 1 hour, 15 minutes.

**TOP TIP:** Cooking for longer increases the depth of flavour of this dish.

## NUTRITIONAL VALUES

### PER SERVING

Calories 533

Total Sugars 18.93g

Total Fats 9.15g

Saturated Fats 1.57g

Salt 1.8g

Fruit & Veg 3.75