



#fiestaweek



ONE POT SPANISH CHICKEN

INGREDIENTS

1/2 cup olive oil
1 large yellow onion, sliced
3 cloves garlic
5 ripe tomatoes, cut in half or 1 tin chopped tomatoes
1/2 of a large aubergine and diced small
1 1/2 teaspoon salt
500g chicken breast or thigh meat
1 large potato, sliced
salt and pepper to taste
1 chicken or vegetable stock cube
1/2 cup fresh parsley leaves
crusty bread or rice for serving



INSTRUCTIONS

- Sauce: Heat the olive oil in a large, deep skillet over medium high heat.
- Add the onions and garlic. Scoop the juices, seeds, and flesh out of the tomatoes into the pan.
- Add the aubergine pieces and simmer the mixture for 5 minutes or until everything is soupy-like and softened and very good smelling.
- Place the scooped out tomato halves over the sauce, open side down. Or tip in your tinned tomatoes.
- Simmer for a few minutes until the tomatoes have steamed and softened.
- Break them up in the pan and simmer for another 5-10 minutes to get all the flavours real nice and yummy.
- Blend: Transfer to a blender or food processor, puree until mixture reaches your desired consistency, and season with salt and pepper.
- Taste and adjust to your liking.
- Chicken and Potatoes: In the same pan, add one more quick drizzle of olive oil and add the chicken and potato slices.
- Sprinkle with salt and pepper and add stock cube for seasoning.
- Saute for a few minutes on each side until they are browned.
- Finish: Add the sauce back to the pan, cover, and simmer for 10 minutes or until the chicken and potatoes are fully cooked. Top with fresh parsley and serve with crusty white bread or rice.

