

For a recipe with limited and low cost ingredients this was a really rich and hearty meal.

Ingredients:-

4 Chicken Thighs
3 Medium Potatoes, cubed
200g of Chorizo, thickly sliced
2 Cloves of Garlic, minced
1 Red Pepper, sliced
1 Red Onion, sliced
1 Tin of chopped Tomatoes
1 Tbsp of Dried Oregano
½ of a punnet of Cherry Tomatoes

Ingredients for the Rub:-

2 Tbsp of Lemon Juice
1 ½ of a Tsp of Paprika
¼ of a sp of Cayenne Pepper
Salt & Pepper
Oil to Fry

Method:-

(1) Combine the Rub ingredients in a bowl.

(2) Rub into the Chicken and set aside.
(3) Par boil the Potatoes and set aside.
(4) Heat Oil in a Dutch Oven or large frying pan to a high heat.
(5) Add the Chicken skin side down and cook until the skin is golden brown.
(6) Turn over and cook for a further couple of minutes.
(7) Remove and set aside again.
(8) Add the Chorizo and lightly brown on both sides, then remove and set aside.
(9) Reduce the heat to medium and add the Onions & Red Pepper.
(10) Fry for a further 2 minutes and then add the Garlic, Stirring for a further minute.
(11) Add the Tinned Tomatoes and Oregano, stirring to combine.
(12) Add the Potatoes, Chicken, Chorizo and Cherry Tomatoes.
(13) Transfer to a pre-heated oven at 180c and cook for 30 to 40 minutes, until the Chicken is cooked through.

We really enjoyed this recipe and it was really quite easy to complete. With limited washing-up, which is always a bonus?..