



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 40 mins

Serves: 4

CHICKEN CACCIATORE



INGREDIENTS

- 2 large chicken thighs cut into bite size pieces
- 2 tbsp coconut oil
- 1/4 tsp black pepper
- 1 tsp salt
- 2 spring onions, thinly sliced
- 200g button mushrooms, thinly sliced
- 1 tbsp honey
- 1 clove garlic, crushed
- 1 stalk celery, finely sliced
- 1 can (440g) diced tomatoes
- 2 tbsp tomato paste
- 1 large red capsicum, cut into 1cm pieces
- 2 tbsp parsley, finely chopped

METHOD

- In large saucepan, heat coconut oil.
- Add chicken, salt, and pepper and cook stirring for 10 minutes.
- Add all other ingredients and stir well.
- Bring to the boil, cover and reduce heat and simmer for 30 minutes, removing lid for last 10 minutes.
- Serve with my [creamy mashed cauliflower](#), or your choice.