



SPICY CHICKEN STEW

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 40 mins

Serves: 4



INGREDIENTS

- 2 tbsp coconut oil
- 2 cloves garlic, crushed
- 1 medium red onion, diced
- 2 chicken breasts, skin and bones removed, diced into bite size pieces
- 1 sweet potato, peeled, diced into 1cm cubes
- 1 swede, peeled and diced into 1cm cubes
- 100g baby spinach leaves
- 1 tsp dried red chillies, crushed
- 1 tsp smoked paprika
- 1 tsp pink rock salt
- ½ cup water
- 2 tsp vegetable stock powder
- ½ can crushed tomatoes

METHOD

- Heat oil in a saucepan to medium high and add garlic and onion.
- Cook stirring for 5 minutes.
- Add chicken, chilli, smoked paprika and salt and fry, stirring for 5 minutes.
- Add sweet potato, swede and spinach, stir well and cook 10 minutes, stirring occasionally.
- Add water, vegetable stock and tomatoes and stir.
- Bring to the boil, reduce heat to simmer for 30 minutes.
- Serve on its own, or with *cauliflower rice*.