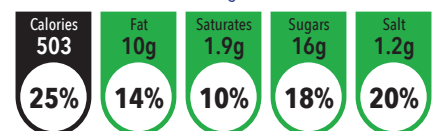




CHICKEN & TOMATO HOTPOT

-  **Prep: 15 minutes**
-  **Cook: 1 hour 5 minutes**
-  **Serves: 4**

Each serving contains



of your guideline daily amount

Ingredients:

- 2 tbsp olive oil
- 3 chicken breast fillets, diced, approx. 600g
- 2 carrots, diced
- 1 onion, chopped
- 2 tbsp tomato puree
- 400g fresh tomatoes, chopped
- 1 tsp **LoSalt**
- 400g can cannellini beans
- 250ml very low salt chicken stock
- 100g frozen peas
- 600g potatoes, thinly sliced
- ½ tsp dried mixed herbs

Method:

1. Preheat the oven to 220°C, gas mark 7.
2. Heat 1 tbsp oil in a large frying pan and fry the chicken for 5 minutes to brown, add in the carrots and onion and fry for a further 5 minutes. Stir in the tomato puree, fresh tomatoes and ½ tsp **LoSalt** and cook for a further 5 minutes.
3. Stir in the cannellini beans plus the juices from the can with the stock and bring to the boil, simmer gently for 10 minutes. Stir in the peas and transfer to a 2 litre serving dish.
4. Toss the potatoes in the remaining oil, ½ tsp **LoSalt** and herbs and spread out over the chicken. Bake for 40 minutes until golden.

COOKS TIP:

Great to make individual portions to freeze ahead before cooking in the oven, just defrost before baking.