

JOGGERS STEW



- I love those recipes that allow me to go off and do other things while dinner is cooking. This stew is one of those recipes.
- I take 30 minutes (tops!) to get it in the oven. Then I try to get out the door for a walk or do one of my fitness circuits.
- Afterwards I check on the stew and stir in the last two ingredients for the final 30 minutes of cooking – which gives me just enough time to shower. It really is a dinner that cooks itself.

Prep Time: 5 minutes

Cook Time: 2 hours

Serves: 5/6

Nutritional Information:

- Protein: 15.6g
- Fat: 5.4g
- Fibre: 3.4g
- Carbohydrates: 19g
- Calories: 273

Ingredients:

- olive oil
- 4 large baking potatoes, washed, dried and pricked all over with a fork
- salt and pepper
- 100g chorizo, sliced into 1cm rounds
- 2 onions, finely sliced
- 12 cloves of garlic, peeled
- 4 tbsp flour
- 1 tbsp paprika
- 4 skinless chicken breast fillets
- 250ml chicken stock
- 250ml white wine
- a sprig of rosemary (or a bouquet garni)
- 400g tin of kidney beans, drained and rinsed (mixed beans also work well)
- 500ml passata

Method:

1. Preheat the oven to 180°C/350°F/gas 4. Rub a teaspoon of olive oil into the potatoes.
2. Season the potatoes, wrap each one loosely in foil and set aside. Heat a teaspoon of olive oil in

- a large lidded casserole over a medium heat.
3. Add the chorizo, onions and garlic and cook for 5 minutes, stirring occasionally.
 4. Meanwhile, mix the flour and paprika and spread them on a plate. Roll the chicken fillets on the plate to coat them with flour.
 5. Heat a tablespoon of olive oil in a frying pan over a medium heat. Fry the chicken fillets (in one batch) for 3 minutes on each side and set aside.
 6. Pour the stock and wine into the casserole with the chorizo. Stir well.
 7. Add the chicken and rosemary and bring to the boil.
 8. Remove from the heat and cover the casserole with a lid. Place the casserole on a large baking tray along with the foil-covered potatoes. Lift the tray into the oven and cook for 1 hour.
 9. Meanwhile, put on your runners and go for a jog!
 10. After 1 hour, remove the casserole from the oven. Stir in the beans and passata. Return the casserole to the oven for 30 minutes. Ladle the stew into warmed serving bowls. Serve with the baked potatoes.

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