

Chicken, chorizo and vegetable casserole

Serves 4	2 carrots, peeled and
Vegetable or olive oil	2 potatoes, peeled
Salt and pepper	2 sweet peppers
8 chicken thighs	300g chorizo in chunks
1 celery stalk	300ml red wine
1 onion, cut into sections	2 sprigs of thyme or rosemary
2 cloves garlic	Parsley

This dish can all be done in one pan on the hob or I use a le creuset style pan that can go straight into the oven. You could also transfer it all into a slow cooker.

Heat the oil, season the chicken and gently fry until golden brown all over. Set aside

Cut the potatoes and peppers into large chunks and fry with the onion, celery and carrot for five minutes until they have gained a little colour. Add the chorizo and garlic and cook together for a couple of minutes. Replace the chicken and the wine.

Add herbs and put lid on. Simmer gently on the hob or better still in the oven (180 degrees) for 40 minutes then take lid off and let the liquid reduce for 5 minutes.

Serve with chopped parsley. I like to serve it with brown rice and a green salad but it's pretty much a meal in itself.