

Stewed Chicken and Lentils.

A chicken breast, cut into chunks // 70g of red split lentils // a tablespoon of garlic paste // two tablespoons of tomato puree // one onion // a chicken stockpot portion // olive oil // pepper // three bay leaves // chilli flakes

- 1** Soak the lentils for one hour, then drain and rinse.
- 2** Fry the onion in olive oil, then add the chicken and when it is sealed, add the garlic and tomato puree. Fry until it starts to catch then add water to cover plus 1 cup, add lentils, bay leaf, stockpot portion, seasoning and chilli flakes (optional).
- 3** Cook for an hour and a half on very low heat or until the chicken is super tender. Remove the bay leaves before serving.

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