

Spanish Chicken

served with couscous and vegetables

Another reason we love our Thermomix. A meal in one without the pots and pans, knives and boards and so much time is saved. No slaving away in the kitchen.

Serves: 4-6 people

Total Preparation time: 30 minutes

Ingredients

150g couscous
100g frozen peas
1 onion, peeled and quartered
2 cloves garlic, peeled
15g olive oil
2 small carrots cut into pieces
1 red pepper, deseeded and quartered
400g can tomatoes
400g can chickpeas
1 tbsp stock concentrate
1 tsp paprika
1 tsp crushed chilli
2 sweet potatoes, peeled and cut into 2cm cubes
500g chicken thigh fillets
400g fresh vegetables such as broccoli, cauliflower, baby corn, mange tout
Mint and coriander for garnish and flavour

Method

1. Place couscous and peas into a small bowl. Add warm water to just cover and leave to pre-soak.
2. Place onion and garlic into TM bowl. Chop **3 sec/speed 5**.
3. Add oil and sauté **4 min/Varoma/speed 2**
4. Add carrots and red pepper. Chop **5 sec/speed 4**.
5. Add tomatoes, chickpeas, stock, paprika, chilli and potatoes. Stir gently with TM spatula to combine.
6. Place chicken fillets on top of ingredients. Cook **17 min/Varoma/reverse/speed soft**.
7. While chicken is cooking, line Varoma dish with baking paper. Place couscous onto baking paper and cover with Varoma lid. Position onto TM lid whilst chicken is cooking. Don't worry about how much time remains; a variance of a few minutes won't matter.
8. Once chicken has cooked for 17 minutes, place vegetables onto Varoma tray, stir couscous and position Varoma tray onto Varoma dish, covering with Varoma lid.
9. Cook a further **5 min/Varoma/reverse/speed soft**.
10. Serve on a warmed platter garnished with mint and coriander.

Shelagh Harrop made this recipe in her cooking class in Cape Town. Shelagh is one of the pioneers of Thermomix cooking in South Africa and comes up with great ideas and inventive cookery in her classes. The recipe was adapted from a recipe on the internet.



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