

Chicken, leek & corn one-pot

Serves 6



Ingredients (allergens in bold)

- 2 cobs of fresh sweetcorn or 300g frozen corn kernels
- 2 tablespoons vegetable oil
- 2 mild red chillies – de-seeded and finely sliced
- 2 rashers un-smoked streaky bacon – diced
- 1 onion – peeled and chopped
- 2 garlic cloves – peeled and crushed
- 2 leeks – washed, halved lengthwise and sliced
- 2 large potatoes – peeled and cut into small cubes
- 4 chicken thighs – skinned, boned and diced
- 2 chicken or vegetable **stock cubes** made up with 750mls of water
- 1 small carton **single cream** (optional)
- 1 tablespoon chives or parsley – chopped
- ground black pepper

Method

1. Cut the kernels from the fresh sweetcorn cobs by standing them upright on a chopping board and cutting downwards in a sawing action.
2. Heat the oil in a large pan, add the chilli, bacon, onion, garlic and leeks and fry gently for about 10 minutes, without browning.
3. Add the potatoes, chicken, corn and stock and simmer for 20-30 minutes until the chicken is cooked throughout and the potatoes have softened.
4. Stir in the cream, if using, and most of the herbs.
5. Season with plenty of freshly ground black pepper.
6. Serve in warmed individual bowls, garnished with the remaining herbs.



Equipment

- chopping board
- sharp knife
- large saucepan with a lid
- garlic crusher
- potato peeler
- measuring jug
- wooden spoon or spatula
- fork

Recipe notes and tips

- Cut a piece in half to check that it is cooked thoroughly before serving - it should not be pink inside or run with pink juices.
- Use Quorn pieces or cannellini beans as a vegetarian alternative to chicken and bacon.
- This recipe also works well with leftover cooked chicken or turkey, so is good as a post-Christmas meal.