

Bee Wilson's Chicken Stew for Tired People



Serves 4 Prep 20 mins

Cooking 30 mins

Easy

Ingredients

500g boneless, skinless chicken thighs

25g unsalted butter

400g leeks

700g carrots

500g baby new potatoes

250ml white wine

30g parsley, chopped

Salt To finish

A squeeze of lemon + some zest

a spoonful or 2 of double cream

1. Trim any big pieces of fat off the chicken thighs and cut each thigh into four or five pieces (or skip this stage and just chuck the meat from package to pan). In a large, shallow pan for which you have a lid, melt the butter, then add the chicken and a sprinkle of salt.
2. While the chicken is browning, clean the chopping board and knife, and prep the veg. Cut the leeks in half lengthways, rinse, then cut into 1cm pieces. Peel the carrots and cut into thick coins. Halve the potatoes. After each job, turn the chicken so it browns on all sides.
3. Pour in the wine. It will create billows of savoury steam and pick up all the lovely brown chicken bits. Add all the vegetables, the unpeeled separated cloves of garlic, plus half the parsley, a teaspoon of salt and 400ml water.
4. Cover and cook for 30 minutes, or until the vegetables are tender. Taste to see if it needs lemon, then add cream and remaining parsley. Eat in bowls.