

Paprika Chicken Goulash



Serves 4 Prep 20 mins

Cooking 55 mins

Easy

Ingredients

500g skinless chicken thigh fillets, cut into bite-sized chunks
1 tbsp plain flour, seasoned well
olive oil
1 large onion, halved & sliced
1 stalk celery, diced
1 carrot, diced
1 green pepper, chopped into chunks
1½ tbsp paprika (not smoked)
1 tsp caraway seeds
400g tin cherry tomatoes
300ml chicken stock
a small bunch parsley, chopped
soured cream to serve
tagliatelle or rice to serve

1. Toss the chicken with the seasoned flour. Heat 1 tbsp of oil in a large deep non-stick frying pan, then cook, in batches, until golden all over.
2. Scoop out the chicken, then add the onion, celery and carrot. Cook for 10-12 minutes or until soft and golden brown at the edges. Add the pepper and cook for another 6-8 minutes or until soft. Return the chicken to the pan and add the spices, tomatoes and stock. Put on a lid and simmer for 45 minutes until the chicken is really tender and the sauce thickened. Stir in the parsley then serve with soured cream and pasta or rice.