

Paprika Chicken



Serves 4

Prep 20 mins

Cooking 30 mins

Easy

Ingredients

3 tbsp light olive oil

8 boneless skinless chicken thighs, each cut into four pieces

1 onion, finely sliced

500g floury potatoes, peeled & cubed

1/2 tbsp Dijon mustard

1 tbsp sundried tomato paste

1 tsp paprika

1/2 tbsp red wine vinegar

100ml medium-dry Fino sherry

300ml tub fresh chicken stock

4 tbsp soured cream, to serve

handful flat-leaf parsley, chopped, to serve

1. Heat 1 tbsp oil in a sauté or deep frying pan over a medium heat. Season the chicken and add to the pan. Fry for about 4 mins until browned all over. Lift out of the pan and set aside. Heat the remaining oil in the pan and fry the onion for about 3 mins, until it is just softened, then add the garlic and cook for a further min.
2. Add the potatoes, mustard and sundried tomato paste to the pan, and cook for 1 min. Stir in the paprika, vinegar, sherry and stock. Bring to the boil and allow the liquid to reduce for 2 mins.
3. Return the chicken to the pan, cover and simmer for 10 mins. Stir well and simmer with the lid off for another 8 mins, or until the sauce is thickened and the potatoes and chicken cooked through. Can be frozen at this point for up to 1 month. Check the seasoning and serve in bowls with a dollop of soured cream and a sprinkling of parsley.