

Classic chicken hotpot

SERVES 4 PREP 10mins COOK 95min

* CAN BE FROZEN MODERATELY EASY



* if you have a slow cooker, use this to get a richer flavour

Low saturated fat

- spray oil
- 400g potatoes, peeled and quartered
- 2 parsnips (approx 175g), peeled and chopped
- 2 celery sticks (approx 75g), chopped
- 6 carrots (approx 300g), peeled and chopped
- 1 red onion (approx 80g), chopped
- 500g The Co-operative Healthy Living Elmwood skinless chicken breast fillets
- 800g The Co-operative peeled plum tomatoes in tomato juice

- 500ml stock (made from 1 very low-salt vegetable stock cube)
- 400g The Co-operative cannellini beans
- 15g fresh parsley, chopped
- 15g fresh sage, chopped
- black pepper

1 Pre-heat the oven to 170°C/Gas 3. Spray oil in a large casserole pot and place on the hob over a medium heat. Add the potatoes, parsnips, celery, carrots and onion, and cook for around 3 mins to soften off.

2 Add the whole chicken breasts, tomatoes,

stock, beans and fresh herbs. Season with black pepper.

3 Put the casserole pot into the oven for 90 minutes until the meat and vegetables are tender and cooked through.

Calories 370	Fat 3.9g	Sat Fat 1.5g	Sugars 16.2g	Salt 0.8g
approx. per serving				
✓ 3 of your 5-a-day				

The **co-operative**
good with food