



Chicken Goulash

A vibrant chicken and vegetable stew featuring capsicum, potatoes, and a paprika-spiced tomato sauce.



35 minutes



4/6 servings



Chicken

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|-------------------------|----------|-------------|
| BROWN ONION | 1 | 1 |
| DICED CHICKEN BREAST | 600g | 600g + 300g |
| GREEN CAPSICUM | 1 | 2 |
| MEDIUM POTATOES | 4 | 6 |
| TINNED CHOPPED TOMATOES | 400g | 2 x 400g |

FROM YOUR PANTRY

olive oil, salt and pepper, 1 stock cube (of choice), ground paprika, cornflour

NOTES

For a more filling meal you can serve with rice or crusty bread.

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1. BROWN THE CHICKEN

Heat a large frypan (with lid) over medium-high heat with **olive oil**. Dice **onion** and add to pan along with **chicken**. Cook for 3-5 minutes until **chicken** is sealed. Season with **salt and pepper**.

2. ADD THE VEGETABLES

Dice **capsicum** and **potatoes** (2-3cm) and add to pan. Stir in **1 crumbled stock cube** and **1 tbsp paprika**. Cook for 2 minutes until fragrant.

6P - use **1 1/2 stock cube** and **2 tbsp paprika**.

TIP *Add sliced carrot, celery or mushrooms if you would like more vegetables. Dried thyme, rosemary or garlic can be added for depth of flavour.*

3. SIMMER THE GOULASH

Stir in **2 tbsp cornflour** until **vegetables** and **chicken** are coated. Pour in **chopped tomatoes** and **2 tins of water (800ml)**. Semi cover and bring to a boil. Reduce heat and simmer for 15 minutes or until **potatoes** are tender.

6P - stir in **3 tbsp cornflour** until **vegetables** and **chicken** are coated. Pour in **2 x chopped tomatoes** and **2 x tins of water (800ml)**.

4. FINISH AND SERVE

Season **goulash** with **salt and pepper** to taste. Serve at the table.

TIP *Garnish the goulash with chopped parsley and dollop of sour cream to elevate the dish.*

This recipe has simplified instructions to help lower your meal cost.