



Chicken Goulash

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



35 minutes



2 servings



Chicken

FROM YOUR BOX

BROWN ONION	1
DICED CHICKEN BREAST	300g
GREEN CAPSICUM	1
MEDIUM POTATOES	2
TINNED CHOPPED TOMATOES	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.

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 **1/2 crumbled stock cube** and **3 tsp paprika**. Cook for 2 minutes until fragrant.

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 **1 tbsp cornflour** until vegetables and chicken are coated. Pour in **chopped tomatoes** and **1 tin of water (400ml)**. Semi cover and bring to a boil. Reduce heat and simmer for 15 minutes or until potatoes are tender.

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.