



Chicken Goulash

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



35 minutes



4 servings



Chicken

FROM YOUR BOX

BROWN ONION	1
DICED CHICKEN BREAST	600g
GREEN CAPSICUM	1
MEDIUM POTATOES	4
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 crumbled stock cube** and **1 tbsp 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 **2 tbsp cornflour** until vegetables and chicken are coated. Pour in **chopped tomatoes** and **2 x tins of water (800ml)**. 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.