



# SLOW-COOKER CHICKEN STEW



**PREP TIME**  
15 MINUTES



**COOK TIME**  
6 HRS AND 20 MINS



**MAKES**  
6 PORTIONS

## INGREDIENTS

### You will need:

Knife  
Chopping board  
Frying pan  
Slow cooker

2 tsp of coconut oil

1 Spanish onion, halved and sliced

12 large bone-in chicken thighs, skin removed

225g pack chorizo picante, thickly sliced

Pack of 3 mixed colour peppers, cut into chunks

150g (drained weight) pitted Spanish pimento stuffed green olives

300ml dry white wine (serve the rest of the bottle with the meal)

300ml chicken stock

1 tbsp tomato purée

## METHOD

1. Heat 2 tbsp olive oil in a large frying pan. Fry 1 sliced Spanish onion for about 5 mins until golden
2. Tip into the slow cooker pot (we used a 6.5-litre model), then fry 12 large bone-in skinless chicken thighs and 225g thickly sliced chorizo picante in the same pan until starting to colour – you will need to do this in two batches
3. Add to the slow cooker with 3 mixed colour peppers, cut into chunks and 150g pitted Spanish pimento stuffed green olives
4. Scrape up any bits stuck to the bottom, then tip into the slow cooker, cover and cook on Low for 6 hrs. stuffed green olives

## SERVE

This can be served with vegetables, cous cous or rice

### TOP TIP:

YOU CAN ADD DIFFERENT VEGETABLES AND HERBS TO SUIT YOUR TASTE!

Adapted from:

[www.bbcgoodfood.com/recipes/slow-cooker-spanish-chicken](http://www.bbcgoodfood.com/recipes/slow-cooker-spanish-chicken)