







More Than Food  
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## Matador's Chicken and Chorizo Casserole with Crushed New Potatoes

When faced with the prospect of possible death in the bullring, we're not entirely sure what a matador would choose to eat as his final meal. With the matador as inspiration we created a hearty, robust recipe that uses chorizo to give a distinctive, smoky character. Whether you're up against a raging bull, or maybe just a traffic warden, this is the one for you...

 45 mins

 family box

 lactose free

 gluten free



Garlic Clove (2)



Chestnut Mushrooms  
(1 punnet)



Carrot (2)



New Potatoes (2 packs)



Chicken Thigh (8)



Chorizo (2 packs)



Organic Chopped Tomatoes  
(2 tins)




Bay Leaf (2)



Rosemary (2 sprigs)

## 4 PEOPLE INGREDIENTS

- Garlic Clove, chopped **2**
- Chestnut Mushrooms, chopped **1 punnet**
- Carrot, chopped **2**
- New Potatoes, quartered **2 packs**
- Chicken Thigh **8**
- Chorizo **2 packs**
- Organic Chopped Tomatoes **2 tins**
- Bay Leaf **2**
- Rosemary **2 sprigs**

 Our fruit and veggies may need a little wash before cooking!

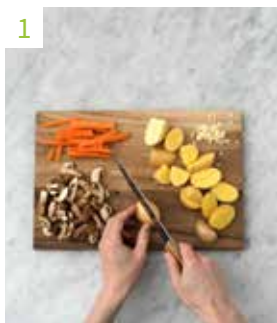
### Did you know...

Although traditionally Spanish, many countries have developed their own form of chorizo sausage including Goa, the Philippines and Puerto Rico!

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	753 kcal / 3152 kJ	36 g	11 g	40 g	12 g	23 g	3 g
Per 100g	101 kcal / 422 kJ	5 g	1 g	5 g	2 g	3 g	0 g

1



**1** Pre-heat your oven to 220 degrees. Peel and finely chop the **garlic** and roughly chop the **mushrooms**. Peel and chop the **carrot** into sticks. Chop any large **potatoes** into quarters.

2



**2** Pat the **chicken** skin dry with some kitchen paper. Rub a ¼ tsp of **olive oil** on each thigh and rub in a good pinch of **salt** and **black pepper**. Place on a baking tray and cook in your oven on the top shelf for 20 mins, until the skin is nice and crispy. Rest them out of the oven afterwards.

5

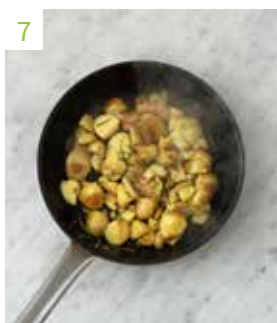


**3** Bring a large pot of water with a pinch of **salt** to the boil and add in your **potatoes**. After 12 mins, add your **carrot** to the pot and cook everything together for another 4 mins. **Tip:** *Cooking your carrots with the potatoes saves on dirty pots and boiling more water.*

**4** Meanwhile, heat a splash of **olive oil** in a frying pan on medium heat. Once it's hot, add in the **chorizo**. When the **chorizo** has browned off slightly add in your **garlic** and cook for 1 minute. **Tip:** *Be careful not to burn the garlic.*

**5** Add in the **chopped tomatoes**, **mushrooms** and **bay leaf**. Refill the tin with 2cm of **water**, swirl around and add to the pan too. Next stir in a good pinch of **salt** and **black pepper**. Leave to bubble away on low heat until it has thickened up (about 15 mins).

7



**6** The **potatoes** should be soft enough to slip a sharp knife through them by now. Drain the water and put your **carrots** in a separate bowl. Let your **potatoes** dry off and crush them lightly with a fork. Season with **salt** and **black pepper**.

**7** Heat another frying pan with a splash of **olive oil** on high heat and add the leaves from your **rosemary**. Cook for 1 minute, then add the **potatoes** and cook until they are crisped up (about 5 mins). **Tip:** *You can reheat your carrots with the potatoes for the last minute.*

**8** Serve your **carrot** and crushed **potatoes** in a bowl and top with your **chicken thigh**. Pour your **chorizo** infused **tomato sauce** over the top. In your most dramatic matador's voice shout 'Olé!' as you serve it on the table.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!