

Chicken & Sweetcorn

.Ingredients

- 600g Chicken Breasts or Diced Chicken
- 100g Onion
- 100g Sweet Peppers (Red & Green Mix)
- 100g Sweetcorn
- 25g Pine Nuts (Optional)
- 1 Chicken Stock Cube
- 2 tsp Cornflour
- A splash of rapeseed or sunflower Oil
- 500ml water

Options

- This is a version of the Chilli Chicken and Sweetcorn that fits the ethos of Marion's Meals. It does not include chilli and garlic.
- Some folks suggest I add pancetta or diced chorizo but it really, really, does not need it!
- This version is for serving with potato rather than fried rice. It can also be served with pasta.
- Pine nuts are expensive! I often do not include them but they are a nice touch if you want to put on a show!

Equipment

- Big pot
- Pair of kitchen scissors
- Sharp knife
- Basic utensils – nothing special!

Preparation

- Get the ingredients and equipment to hand.
- Fine dice the onion - although it is much easier to use frozen onion.
- Fine dice the sweet peppers.

The trick with this recipe is to get very fine diced onion and pepper.

Tip: This can be done with frozen sweetcorn, but the Green Giant Tinned Sweetcorn is much juicier and sweeter. Problem is - the tin is too much so you need to plan another recipe to use the rest.

Method

Add a splash of rapeseed or sunflower oil to the bottom of the pan and heat gently.

Add the chicken.

If you are using chicken breasts, use a fork to hold the chicken and the scissors to cut the chicken right into the pot. Do not wash the chicken.

Keep turning the chicken for about 10 minutes until sealed on all sides. If you leave it for more than 10 minutes, the chicken will be nearly fully cooked but that's ok as it will keep moist and will have plenty sauce.

Tip: Cheap chicken gives off a lot of water and white gunk so you will want to pour off some of that liquid.



Add the onion and peppers and keep them moving in the pot until softened.

Add the water to the pot and the stock cube. Return to the boil and simmer for 5 minutes.

Mix the cornflour in a mug with a little water until smooth.

Add the cornflour to the pot and simmer for a further two minutes.

Add the sweetcorn and pine nuts and simmer for a further two minutes.

Taste and add seasoning if required – probably just a bit of black pepper.



Portions

Number of portions	3	4
Final Portion Size	300g	225g
Storage Container	Plastic Tray	

Storage

This can be served fresh but also ideal for freezing in a plastic tray.

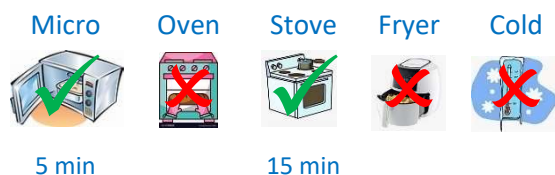
Can be stored with a layer of cooked pasta in the bottom of the plastic tray.

Could also be frozen in a 3-cell tray with mashed potato and veg in the other cells.

Allow to cool before freezing

Heating & Serving

Heating instructions from thawed are a guide only.



Adjust times if cooking from frozen.

Be sure the meal is piping hot throughout before serving.

Select your potatoes and sides from Marion's Meals.

Can also be served from a large dish as part of a buffet.

Also suitable as a tapas dish.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Fine dicing onions
- Fine dicing Bell Peppers

Dicing Chicken

Use a fork to hold the chicken breast over the pot and cut into rough chunks with the kitchen scissors, directly into the pan.

Safety Tip

Reduce the Risk of Cross-Contamination & Food Poisoning

Do not wash the chicken.
Put the fork and scissors right into the dishwasher or a basin of hot water.
Wash your hands.

