

Veggie Tomato Stew

Ingredients

- pieces Chicken Cutlet
- 1/2 1/2 tbsp Olive Oil
- tsp Thyme
- 1/2 1/2 tsp Curry Powder
- 1/2 1/2 tsp Spices, basil, dried
- 1/2 1/2 tsp Spices, dill weed, dried
- 1/2 1/2 tsp Chives
- 1/2 1/2 tsp Rosemary
- Medium Onions, raw
- Fresh Tomatoes
- large Red Bell Pepper
- scotch bonnet
- 1/2 1/2 L Water
- MAGGI Chicken Cube
- tbsp Sweet Corn
- Mediums Carrots (Diced)
- Large scoop Green Peas

Instruction

1. Chop or roughly blend all vegetables together . Heat oil in a pan, add onions and allow to fry for 3 minutes
2. Add the chicken and allow to brown then remove and set aside. In the same pot add curry, thyme and ginger/garlic, dill, chives, rosemary then stir fry for 2 minutes.
3. Add the roughly blended tomato and allow to fry for 10 minutes, stirring at intervals
4. Add MAGGI chicken Cubes and stock or water, stir, cover and allow to stew for 15 minutes. Add carrot, sweet corn, green peas and allow to simmer for 5 minutes.

Nutrition		45 Minutes
Carbohydrates	27,21 g	6 Portions
Energy	564,85 kcal	
Total fat	13,31 g	
Fiber	7,83 g	
Protein	85,91 g	
Saturated Fats	3,43 g	
Sodium	196,18 mg	
Sugars	196,18 mg	