

Paprika Chicken Stew with Herby Dumplings

This is a warming Mediterranean-style stew which makes a tasty family meal. Paprika is a spice made from air-dried fruits of the chili pepper family. Originating in central Mexico it was brought to Spain in the 16th century and is now used to add colour and flavour to many types of dishes.



Celery, egg, milk, sulphites and wheat (gluten)*

Nutritional information per portion (317g):

Energy	Fat	Saturates	Sugars	Salt
2039kJ 483kcal	17g 24%	4.3g 22%	9.5g 11%	1.3g 22%

of an adult's reference intake.
Typical values per 100g: energy 444kJ/105kcal.

Equipment

Medium sized oven proof dish
Oven gloves
Small mixing bowl
Measuring spoons
Pastry brush (preferably silicone)
Chopping boards x 2
Small sharp knife
Medium sized saucepan with lid
Heat resistant spoon
Weighing scales
Measuring jug
Colander
Medium mixing bowl
Measuring spoons
Knife
Spatula
Tongs
Can opener

Ingredients

Serves 4
For the paprika chicken stew
8 chicken thighs or drumsticks (skinless)
1 x 15ml spoon vegetable OR sunflower oil
2 x 15ml spoons sweet OR smoked paprika
1 small onion
2 cloves garlic
25g sliced chorizo
2 red peppers
15 cherry tomatoes (one small pack)
½ low salt vegetable stock cube
300ml boiling water
400g can of butter beans OR cannellini beans
For the herby dumplings
200g self-raising flour (plus a little extra for shaping)
½ x 5ml spoon dried rosemary
½ x 5ml spoon dried thyme
Black pepper (optional)
1 x 15ml spoon of vegetable OR sunflower oil
6 x 15ml spoons semi-skimmed milk
2-3 x 15ml spoons water



To garnish (optional)

1 lemon (cut into quarters)
4 x 15ml spoons of chopped fresh parsley
Black pepper
4 x 15ml spoons low-fat natural yoghurt

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

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Method

For the Stew

1. Preheat oven to 220°C/200°C fan or gas mark 7.
2. Place chicken pieces into a medium sized oven proof dish (wash your hands after touching the raw meat).
3. Mix together the oil and paprika in a small mixing bowl.
4. Using the pastry brush, brush half the oil mixture over the top of the chicken and put to one side to use later. Place the dish in the oven for 30 minutes (turning the chicken pieces over after 20 minutes).
5. Finely chop the onion and garlic and cut the chorizo slices into small pieces.
6. Wash, deseed and chop the red peppers into approx. 1cm squares and wash, and chop the tomatoes into halves or quarters.
7. Place the medium sized pan on the hob on a medium heat and add the remaining oil mixture and heat gently.
8. Add the chopped onion and garlic to the pan, turn the hob to low and cook for 5 minutes.
9. Add the chorizo, peppers and tomatoes and cook for 2 minutes.
10. In a measuring jug, add the rosemary, thyme and vegetable stock cube and 300g of boiling water and stir until the stock cube dissolves. Pour the liquid over the ingredients in the pan and bring to the boil.
11. Drain the beans and add to the pan. Cook for a further 10 minutes while you make the dumplings.

For the dumplings

1. Weigh out 200g of self-raising flour and place in a medium sized mixing bowl. Add the rosemary, thyme and twist of black pepper (if using) and stir.
2. Add to the dry mixture the oil, milk and then enough water until the dumpling mixture comes together as a ball of dough.
3. Tip out onto a floured board and chop into four pieces, rub flour onto your hands and then roll each piece into a ball. Leave to one side. (By this time your chicken should have been cooking for 30 minutes and be ready to come out.) Carefully remove the chicken from the oven.

4. Stir the ingredients in the pan and transfer the pieces of chicken carefully with tongs from the dish into your pan.
5. Once boiling, place the dumplings carefully on top of the mixture, put the lid on the pan, set the heat to low and leave to cook (do not remove lid) for 20 minutes.
6. Meanwhile (if using), chop the lemon into quarters, wash and roughly chop or pull apart the parsley.
7. When the stew has cooked for 20 minutes, check the dumplings are firm and have risen and grown in the stew. If not then cook for another 5 minutes in the pan with the lid on, if they are cooked, then turn off the heat.
8. Squeeze some lemon juice over the dish and garnish with the lemon wedges, a spoonful of yoghurt, a sprinkle of parsley or a twist of black pepper, if using.

Something to try next time

- Add some sundried tomato and olives in the dumplings.

Prepare now, eat later

- The mixture (without the garnishes) can be stored in the fridge for up to 48 hours.
- Reheat in an oven proof dish (with lid) for about 20 minutes in the oven – or until piping hot throughout.
- The dish can be made in advance and frozen for up to 1 month – make sure to defrost in the fridge and re-heat thoroughly.
- The dumplings can be made in advance and frozen. Shape and freeze flat on a sheet of baking paper until hard, then transfer to a freezer bag and eat within 1 month.

Skills used include:

Weighing, measuring, washing, chopping, mixing, squeezing, roasting, boiling/simmering and frying.