

One Pot Chicken



An easy and flavourful one pot chicken recipe which all the family will enjoy.

Recipe supplied by Campbell's.

Ingredients

- 1 Tbsp olive oil
- 1 brown onion, finely chopped
- 1 carrot, peeled, finely chopped
- 2 stalks celery, finely chopped
- 2 rashers bacon, rind removed, finely chopped
- 1.8 kg whole chicken
- 2 Tbsp tomato paste
- 1 L (4 cups) Campbell's Real Stock - Chicken
- 350 g packet McKenzie's Lentils, Freekeh and Beans Superblend, rinsed
- 2 tsp finely grated lemon rind
- 6 sprigs fresh thyme

Method:

1. Preheat oven to 200°C (180°C fan-forced).
2. Heat oil in a large flameproof casserole dish (16-cup capacity) over a medium heat. Add onion, carrot, celery and bacon. Cook, stirring occasionally, for about 3 to 4 minutes, or until soft. Stir in paste and Campbell's Real Stock - Chicken. Add chicken. Bring to boil. Cover with lid.
3. Cook in oven for 30 minutes. Remove. Add Superblend, rind and thyme. Cover. Return to oven. Cook for a further 20 minutes.
4. Increase oven temperature to 220°C (200°C fan forced). Remove lid. Cook about 20 to 25 minutes, or until chicken is golden brown and cooked through.
5. Remove chicken from the dish. Stand for 5 minutes. Cut into serving pieces.
6. Serve chicken over Superblend mixture from pot.