

Mediterranean Style Stew

A delicious stew that is high in protein, healthy fats and plenty of veggies. The tomato sauce provides the important antioxidants vitamins A and C and also contains chromium, which can help stabilise blood sugar.

Ingredients

500g meat e.g. chicken breast, turkey, prawns or other seafood

1 onion finely sliced

1 carrot finely diced

1 celery stalk finely diced.

2 garlic cloves finely chopped/minced

1 tbsp light olive oil

2 peppers finely sliced

100g stoneless olives (green or black)

2 tins of chopped tomatoes

600ml chicken or vegetable stock

1 tbsp smoked paprika

1 tbsp oregano

1 red or green chilli finely chopped or ½ -1 tsp dried chilli flakes (optional)

Seasoning

Fresh parsley to serve



Method

*In a large pan fry the onions, carrot, peppers, celery and garlic in the oil until softened.

*Add the chicken (chopped into bite sized chunks) and chorizo (if using) and cook for a 7-10 minutes or so until browned.

*Add the oregano, smoked paprika and season well. Mix these in and add the peppers cooking for a further few minutes.

*Add the chopped tomatoes and stock and simmer for approx. 40 minutes until it has reduced down (If using prawns or sea food add these in the last ten minutes of cooking)

*When almost ready add the olives, any seasoning and fresh herbs

Recipe notes

Serve with green veggies and / or basmati rice.

To adapt the stew: make it vegetarian by adding some root veggies, chick peas or beans (it works great with butter beans). Nutritional info below is with chicken and chorizo.



Serves : 4-5
Prep: 20 mins
Cook: 40 mins



Nutrition per serving:
Cals: 367
Protein: 36g
Carbs: 18g
Fat: 15g