



# LIFELINE RECIPES



March 2023



## SPRING CHICKEN IN A POT

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**PREPERATION TIME:**

20 mins

**COOKING TIME:**

45 mins

**SERVES:**

4

**INGREDIENTS**

1 tbsp olive oil

1 onion, chopped

500g boneless, skinless chicken thigh

300g small new potato

425ml low-salt vegetable stock (such as Kallo low-salt vegetable stock cubes)

350g broccoli, cut into small florets

350g spring green, shredded

140g petits pois

bunch spring onion, sliced

2 tbsp pesto

Casseroles aren't just for winter – this light, vibrant one-pot is packed with spring veg and herby pesto.

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**METHOD**

STEP 1. Heat the oil in a large, heavy pan. Add the onion, gently fry for 5 mins until softened, add the chicken, then fry until lightly coloured. Add the potatoes, stock and plenty of freshly ground black pepper, then bring to the boil. Cover, then simmer for 30 mins until the potatoes are tender and the chicken is cooked. Can be frozen at this point.

STEP 2. Add the broccoli, spring greens, petit pois and spring onions, stir well, then return to the boil. Cover, then cook for 5 mins more, stir in the pesto and heat through.