

Spanish Chicken and Chorizo Bake

Once again, the flavours of the Mediterranean deliver in this delicious Spanish Chicken dish. Tender chicken thigh fillets oven baked with chorizo sausage, tangy olives and the subtle yet distinctive flavours of smoked paprika, lemon and bay leaves. As with most dishes I create, a little surprise is in order. Not satisfied with near perfection, how about we add a little crumble of goats fetta, a sprinkle of fresh parsley and a smattering of lemon rind? By Juan! I think we've got it!

Prep time: 20 Minutes

Cooking time: 1 Hour

\$ Low Budget

Serves 4

Olive oil for frying

8 chicken thigh fillets, fat trimmed and halved

2 chorizo sausages, sliced about 5mm thick

1 large brown onion, halved and sliced

2 cloves of garlic

1 tbs of smoked paprika

2 tbs of lemon juice

3 peels of lemon rind

4 bay leaves

12 kalamata olives (pitted if you prefer)

1 cup of chicken stock

1 x 400gm tin of diced tomatoes

2 tbs of tomato paste

1 tsp of sugar

Sea salt and cracked pepper

1/2 cup of continental parsley leaves, roughly chopped

100gm of goats fetta

Grated lemon rind for garnish

Brown rice, white rice or Cous Cous to serve

Pre heat the oven to 180 degrees. To prepare the Spanish Chicken, heat a large oven proof casserole dish that is able to go on the stove and in the oven. If you don't have one, heat a large frypan and when you have finished preparing, place in a casserole dish.

Drizzle olive oil in the pan and brown the chicken on both sides, in batches. When golden, drain on paper towel. In the same pan, lightly fry the chorizo until caramelised. Add the onion and garlic and gently fry until translucent. Add the smoked paprika and fry for 1 minute before pouring in the stock and tomatoes. Stir well to combine before thickening with the tomato paste and popping in the lemon rind, bay, olives and sugar. Stir again, have a taste and season with salt and pepper. Bring to the boil.

When the mixture is simmering, add the chicken thighs and spoon the sauce all over so the thighs are buried in the sauce. Put a lid on or use foil to seal and bake in the oven for approximately 45 minutes. The chicken is cooked when it pulls apart with a fork.

To serve, divide rice or cous cous between four plates and top with a generous portion of the Spanish chicken and chorizo bake. Sprinkle over the goats fetta and parsley and finish with a little sprinkling of lemon rind.

The whole family will love this dish!

