

Summer Chicken Stew

Ingredients:

2 tbsp olive oil	350ml chicken stock
500g leeks, finely sliced	500g new potatoes,
2 plump garlic cloves, finely sliced*	200g green beans*
2 thyme sprigs, leaves picked	350g frozen petit pois
8 chicken thighs, skinless and boneless	lemon wedges, to serve

Method:

Heat the oil in a large casserole dish over medium heat.
Add leeks, garlic, thyme, cover and cook gently for 10 minutes, stirring occasionally.
Season the chicken and tip into the dish with the potatoes
Turn up the heat, pour in the stock and bring to a simmer.
Reduce the heat and allow to gently bubble with the lid on for 35 minutes.
Add the green beans and peas for the final 10 minutes of cooking.
Season to taste, then ladle into bowls or lipped plates with a squeeze
of lemon.

Source: Good Food Magazine

<https://www.bbcgoodfood.com/recipes/>

summer-chicken-stew

Garlic: Victoria Park

Green Beans: Victoria Park


CHARLOTTETOWN
Great things happen here.

Some ingredients for this delicious recipe can be picked for free from the City of Charlottetown's Community Vegetable Planters * Harvest these fresh local ingredients right from the garden and enjoy this meal with loved ones tonight!

Locations for the Community Vegetable Planters can be found at www.charlottetown.ca