

Chicken & Kale Stew With Butter Bean Mash

Ingredients

For The Chicken And Kale Stew

- Dash Oil
- 1 Butternut Squash, Peeled & Cut Into 2cm Cubes
- 2 Celery Stalks, Roughly Chopped
- 1 Medium Onion, Finely Chopped
- 4 Garlic Cloves, Finely Chopped
- 1 Tbsp Plain Flour
- 4 Chicken Thighs, Boneless & Skinless
- 400g Tin Green Lentils, Drained
- 800ml Chicken Stock
- 2 Dried Bay Leaves
- 4 Sprigs Fresh Thyme, Plus Extra For Garnish
- 1 Handful Finely Chopped Fresh Parsley, Plus Extra For Garnish
- 2 Tsp Mustard
- 80g Kale, Roughly Chopped
- Salt & Freshly Ground Black Pepper



Chicken & Kale Stew With Butter Bean Mash

Ingredients

For The Butter Bean Mash

- 700g Maris Piper Potatoes, Peeled & Cut Into 2cm Pieces
- 400g Tin Butter Beans
- Splash Full-Fat Milk, If Needed To Loosen
- Olive Oil, To Taste



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Method

- Heat a little oil in a large pan and then cook the butternut squash, celery, onion and garlic for about 5 minutes, or until the onion softens.
- Add the flour to the vegetables and stir. Add the chicken thighs, lentils, stock, bay leaves, fresh thyme, fresh parsley, and mustard and simmer for 1 hour.
- Meanwhile, to make the butter bean mash, cook the potatoes in a pan of boiling water for 15-20 minutes, or until tender.
- Heat the butter beans in the microwave for 1-2 minutes, or until warm, then blend the butterbeans with 1-2 tablespoons olive oil, until as smooth as possible, you may need to add a tablespoon or so of hot water to loosen.

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Method

- Drain the potatoes and mash together with the butter bean mixture, adding a splash of milk if needed to loosen. Season with salt and pepper.
- When the chicken stew has cooked for an hour, add the kale and simmer for a further 5 minutes. Season with salt and pepper.
- Serve the chicken and kale stew with the butter bean mash and garnish with more fresh thyme and parsley.