



# Mexican chicken stew with pink pickled onions

Prep: 20 minutes • Marinade: 3 hours • Cook: 1 hour 15 minutes • Serves: 6



## Ingredients

1 whole medium chicken (about 1.5kg)  
1 onion, unpeeled and quartered  
6 garlic cloves, unpeeled and crushed  
1 carrot, peeled and roughly chopped  
1 stick celery, roughly chopped  
10 black peppercorns  
2 bay leaves

## Pink pickled onions

1 red onion, peeled and finely sliced  
Juice of 1 lime  
Juice of ½ orange  
½ red chilli, seeds removed and finely chopped  
Few sprigs coriander, finely chopped

## For the sauce

2 tablespoons light vegetable oil  
2 onions, peeled and finely sliced  
4 cloves garlic, peeled and finely chopped  
2 large, mild chillies (red or green), seeds removed and finely chopped  
1 tin chopped tomatoes (400g)  
1 teaspoon sugar

## To serve

300g white rice  
400g green beans  
Soured cream, small pot (150ml)

## Nutritional info

Low phosphate ✓

Low potassium ✓

Low fat (less than 3g/100g) ✗

Carbohydrate **55g**

Low protein ✗

Low salt ✓

Cost per portion (December 2022) **£1.45**

Energy in kcals **440**

- 1** Put the chicken in a large saucepan with the quartered onion, crushed garlic, carrot, celery, peppercorns and bay leaves. Cover with cold water, put the lid on and bring to the boil. Turn down the heat and gently simmer for 20 minutes, then turn off the heat and leave the chicken to cool in the poaching liquid.
- 2** Make the pink pickled onions: cover the sliced red onion with boiling water and soak for 10 seconds. Drain and transfer the onion to a small bowl and add the lime and orange juices and chopped chilli (use less if you prefer it not too spicy) and stir. Cover and leave in the fridge for a few hours.
- 3** To make the sauce: Heat the oil in a large frying pan over a medium-high heat and add the sliced onions. Cook for 2 minutes, stirring often, then turn down the heat to medium and continue to cook for 8 minutes until soft and golden, then add the garlic and chilli and cook for a further 2 minutes. Add the tinned tomatoes, 400ml of your poaching liquid and the sugar. Bring to a boil then turn the heat down to medium and simmer the sauce, uncovered, for 20 minutes.
- 4** Once cool, remove the chicken from the remaining liquid (do not throw this away), remove all the meat from the bones (discard the skin, bones, bits of fat and cartilage) and shred the meat with two forks - set this aside for later. Strain the poaching liquid through a sieve, discard the bits and keep this to use as chicken stock in other recipes (it freezes well).
- 5** Add a few grinds of black pepper to the tomato sauce, then add the shredded chicken, turning the heat down to low-medium for another 20 minutes. The sauce will thicken and the flavour will intensify. If it needs any more liquid, add a splash more chicken stock.
- 6** Cook the rice according to the packet instructions and boil the green beans for about 4 minutes until tender. Serve the rice with the chicken stew, the green beans on the side and a spoonful of soured cream (per person) and pink pickled onions. Finish with a sprinkle of chopped coriander.