



## JERNEJ KITCHEN

### CHICKEN STEW WITH POTATOES (ONE-POT)

*Chicken Stew with Potatoes and Vegetables is a healthy and delicious meal. This simple recipe is made in one pan, and it's the perfect family dinner.*

SERVES	6	PEOPLE
PREPARATION:	10	MINUTES
COOK:	70	MINUTES
TOTAL TIME:	80	MINUTES

#### CHICKEN STEW WITH POTATOES

6 large chicken thighs (skin-on, bone-in)

1 tbsp olive oil

3 carrots

1 onion

1/2 leek

2 stalks of celery

1 tbsp dijon mustard

2 1/2 tbsp flour

750 ml (3 cups) chicken stock or water

600 g (1 1/2 pound) potatoes

1 tsp lemon juice

1 tbsp chopped parsley

80 g (1/2 cup) frozen peas

#### TOOLS AND EQUIPEMENT

bowl

(cast-iron) skillet with a lid

#### PAN-FRY THE CHICKEN

Add chicken thighs to a bowl. Season with salt and pepper. Place a large (cast-iron) skillet over medium heat. Add the olive oil and the meat skin-side down. Pan-fry for 8 - 10 minutes, or until golden brown, then turn the meat and pan-fry for another 3 - 4 minutes. Transfer to a plate.

#### ADD THE VEGGIES AND COOK

Chop the carrots, leek, and celery into small chunks. Dice the onion. Add the veggies to the skillet and saute for 3 - 4 minutes. Add the dijon mustard and flour, stir, and cook for 3 minutes. Pour the chicken stock or water into the veggies. Clean the potatoes and cut them into wedges. Add the potatoes to the vegetables in the skillet, stir to combine, then add in the chicken thighs, skin-side up. Don't forget those delicious juices. Cover with a lid and simmer for 45 minutes. After 30 minutes of cooking, remove the lid and continue to cook for 15 minutes for the stew to thicken.

#### TIP

[No need to peel new potatoes.](#)

#### SERVE

Add the freshly squeezed lemon juice, chopped parsley, and peas to the stew. Stir and cook for 2 - 3 minutes. Divide between six plates and serve.