

# Recipe

## farmer sue's chicken stew

Filled to the brim with interesting veg, this recipe is a tasty way of meeting your 5-a-day while exposing children to exciting veg they may not have tried before. Chicken, pearly barley, and all the veg goodness is simmered before adding a touch of lemon juice. Serve with bread and butter for a comforting classic meal.



### Ingredients

a glug of sunflower oil	300g fennel - roughly chopped	5 sage leaves - finely chopped
1 large onion - roughly diced	tiny pinch of ground fennel seeds	30g- tomato paste
400g- chicken mince	190g swede - roughly chopped	1000ml- water
75g leek - sliced or chopped	3 garlic cloves finely chopped	1 cube/pot- chicken stock
175g carrot - cut in half moons	3 thyme sprigs - leaves only - finely chopped	1 spoonful - marmite
270g celeriac - peeled and roughly chopped	3 tarragon springs - finely chopped	1g- nutritional yeast
3 rosemary sprigs - leaves only - finely chopped		75g- pearl barley
		75g- kale
		half a lemon - juiced

### Method

Add oil to a wide based pan with tall sides on a medium heat. Add onions and slowly caramelize until golden.

Add chicken mince and slowly caramelize until golden. Add leeks, carrot, celeriac, swede, and fennel and slowly cook until slightly softened

Add ground fennel seeds, chopped garlic, chopped tarragon, chopped thyme, chopped rosemary, and chopped sage and mix well.

Add tomato paste, mix and cook out for 2 minutes. Add water, chicken stock, marmite, nutritional yeast and bring to a simmer.

Add pearl barley and simmer for at least half an hour until pearl barley is cooked and liquid has reduced.

Add chopped kale and lemon juice and serve with crusty bread and butter.

Please note: This recipe is correct at the time of publication on 17/04/2023. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.

**Nutritious delight with every bite**

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