

Recipe

chicken and parsnip

one pot

Indulge in the warming goodness of a chicken one pot, brimming with the sweetness of the parsnips and delightful bursts of petit pois peas! Infused with aromatic rosemary, thyme, bay leaf, parsley, and a hint of tangy lemon juice to boost the flavour! This is best served with bread, unsalted butter and veggies.



Ingredients

a glug of oil	3 rosemary sprigs - leaves chopped	2g - nutritional yeast (optional)
1 onion - diced	2 thyme sprigs - leaves chopped	2 handfuls of frozen petit pois peas
400g chicken mince	1 bay leaf	15g fresh parsley - chopped
2 carrots - half moon cut	1 tbsp tomato paste	1 juice of a lemon
4 parsnips - half moon cut	250g passata	
3 garlic cloves - minced	500ml water	
	1 veg stock cube	

Method

add oil to wide based tall sided pan and allow to get hot on a medium heat
add onion and cook for 15 mins gently until caramelised
add chicken mince and cook until browned
add parsnips and carrots to give them a little colour
add garlic, rosemary, thyme and bay leaf and mix well to release flavours
add tomato paste and cook for a few minutes
add passata, water, stock and nutritional yeast and simmer gently for half an hour until veg is soft
add frozen petit pois, parsley and lemon juice
serve with bread, unsalted butter and veggies!

Please note: This recipe is correct at the time of publication on 21/12/2023. 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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