

Quick and easy chilli

(serves 4)



Can be used as a filling for a wrap, pita or baked potato. Can also be served by itself with bread, rice, couscous or potato wedges.

Ingredients

2 fillets chicken, cut into chunks (optional)

A selection of vegetables, for example, 1 red pepper, half a yellow pepper, 1 red onion, half a courgette, couple of mushrooms – you could alternatively use sweetcorn, aubergine, tomatoes, sweet potato, carrots... (all washed, peeled and chopped)

1 tin kidney beans in chilli sauce or 1 tin of any beans* (if using non flavoured beans then add some smoked paprika for flavour)

1 tin tomatoes or 400g passata

Wraps (optional)

Grated cheese (optional)

Spoon natural yoghurt (optional)

1. Heat a little oil in a large saucepan, and then add your chicken if using. Heat until it has turned white on the outside, then add your selection of chopped vegetables



2. Heat for around ten minutes
3. Then add the tin of beans and tomatoes. Leave to simmer until the chicken is cooked through.



4. Once cooked though, place a wrap on a plate (if using) and a little of the filling – 1-2 large spoons is usually enough or the filling will spill out of the sides of the wrap ! You can also add a little grated cheese or natural yoghurt if you like. Roll the wrap up so it looks like the image below.

