

Chicken & Veg



Prep Time
15 minutes

Cooking Time 1.5 Hours Preference Meaty

Ingredients

- 8 pieces chicken, skin on
- 1 tbsp olive oil
- 1/2 onion, thinly sliced
- 500g mushrooms, sliced
- 1 red pepper, cut into strips
- 1 yellow pepper, cut into strips
- 1 green pepper, cut into strips
- Salt, pepper, cumin, garlic powder, onion powder, turmeric

Method

- 1. Saute the vegetables in olive oil, when soft season with all the spices. Remove from pan and set aside.
- 2. Brown the chicken, skin side down, when browned, season them with all the spices and flip them over, season again.
- 3. Add the vegetables back in the pan with the chicken, cover and simmer until chicken is cooked and soft, approximately 1 hour.