



One Pot Tuscan Inspired Creamy Pulled Chicken Stew

with Ciabatta and Cheese

Bestseller

Prepped in 10

Preparation time : 30 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/one-pot-tuscan-inspired-creamy-pulled-chicken-stew-439>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Aluminum Foil, Oven dish

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Onion (unit(s))	1	1	2
Baby Plum Tomatoes (grams)	125	190	250
British Chicken Thighs (unit(s))	4	6	8
Creme Fraiche (grams)	150	225	300
Chicken Stock Paste (grams)	15	20	30
Dried Basil (sachet(s))	1	2	2
Ciabatta (unit(s))	2	3	4
Baby Spinach (grams)	40	100	100
Sun-Dried Tomato Paste (grams)	25	50	50
Grated Hard Italian Style Cheese (grams)	20	40	40
Sugar (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	200	300	400

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	3979 kj
Energy (kcal)	951 kcal
Fat	57.5 g
of which saturates	25.1 g
Carbohydrate	57.8 g
of which sugars	14.3 g
Dietary Fibre	5.9 g
Protein	58.2 g
Salt	3.67 g

Allergens

Egg, Milk, Wheat, May contain traces of allergens, Barley, Cereals containing gluten, Rye

Always check the product labels for allergen information.



Fry the Chicken and Onion

Preheat your oven to 220°C/200°C fan/gas mark 7. Halve, peel and thinly slice the **onion**. Halve the **baby plum tomatoes**. Cut the **chicken thighs** in half widthways. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. Once hot, add the **chicken** and **onion** to the pan. Stir-fry until the **chicken** has browned all over and the **onion** has softened, 6-8 mins.



Into the Oven

Stir in the **creme fraiche**, **chicken stock paste**, **dried basil**, **tomatoes**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine and bring to the boil. Once boiling, remove from the heat and cover with foil and bake on the middle shelf until cooked through, 22-25 mins. **IMPORTANT:** It's cooked when no longer pink in the middle.



Finish the Prep

Meanwhile, halve the **ciabatta**.



Bake the Ciabatta

When the **stew** has 5 mins remaining, pop the **ciabatta halves** into the oven to warm through, 2-3 mins. Once toasted, drizzle with **oil** and season with **salt**.



Shred the Chicken

Once the **chicken** is cooked, remove the stew from the oven. Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Using two forks or a spoon, break the **chicken** apart into smaller pieces. Stir through the **sun-dried tomato paste** and **cheese**. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



Serve Up

Share the **creamy chicken stew** between bowls. Serve the **ciabatta** alongside for dipping.

Enjoy your meal!