

Paprika Chicken & Lentil Casserole

Ingredients:

- 6 chicken legs or large thighs
- ½ tsp garlic powder
- 2 tbsp + 1 tsp smoked paprika
- 1 tsp + ½ tsp salt
- 1 tsp + ½ tsp ground black pepper
- Juice from ½ lemon
- 2 tbsp olive oil
- 1 large onion finely chopped
- 3 cloves garlic
- ½ inch minced ginger
- 1 tsp turmeric
- 1 tsp chilli flakes
- 1 large potato peeled and medium diced
- 1 red bell pepper sliced
- 1 large peeled diced carrot
- 250g lentils du puy cooked or canned green lentils, drained & rinsed
- 400g can cherry tomatoes / or chopped tomatoes
- 500ml chicken stock
- 75 ml crème fraiche
- ½ cup (125 ml) fresh basil

Method:

1. Preheat oven to 180c.

2. Pat dry the chicken and add to a bowl. Add the garlic powder, smoked paprika, 1 tsp salt, 1 tsp pepper and juice from ½ lemon. Mix and set aside to marinade for 30/60 minutes.
3. Add 1 tbsp olive oil to an oven safe pan on medium high heat. Add chicken fat side down and fry for 3-4 minutes on each side to brown each piece.
4. Remove chicken from pan. Add remaining olive oil to the pan, add onions, garlic and ginger, fry until soft.
5. Now add turmeric, chilli flakes and remaining 1 tsp smoked paprika, potatoes, red pepper, carrots, lentils and tomatoes.
6. Place chicken back in the pan and add the stock. Mix well.
7. Place pan in the oven and bake for 40-45 minutes, alternatively use the slow cooker.
8. Check for further salt and pepper seasoning.
9. To serve: Add crème fraiche and mix. Garnish with fresh basil

This dish is sufficient on its own however if you wish you can serve with rice, roasted or mashed potatoes and some freshly steamed winter vegetables.