

THE WELL

Nourishing Recipes

CHICKEN SUPREME

INGREDIENTS

- 2 chicken breasts, diced
- 2 leeks, sliced
- 1 red bell pepper, sliced
- 200g chestnut mushrooms, sliced
- 2 garlic cloves, minced
- 2 sprigs fresh thyme
- 1/2 tsp celery salt
- 1 tbsp olive oil
- 300ml water or low-salt chicken stock
- 2 tbsp Greek yogurt
- Sea salt & black pepper, to taste

THE KNOW HOW

- 1 Heat the olive oil in a large pan over a medium heat. Add the celery salt, 1 sprig of thyme and 1 clove of garlic. Fry for 1 minute until fragrant.
- 2 Add the diced chicken and cook for 3–4 minutes, stirring, until lightly golden.
- 3 Add the leeks, red pepper, mushrooms, remaining garlic and the second sprig of thyme. Pour in the water or stock. Bring to a gentle simmer, reduce the heat to low, cover and cook for 15–20 minutes, until the chicken is tender and the vegetables are soft.
- 4 Remove from the heat and stir in the Greek yogurt. Season with sea salt and black pepper to taste. Leave for a few minutes before serving.

WHY IT'S LOVELY



High in protein



Comforting and creamy



Full of flavour



Simple to make



Lovely for sharing



Nourishing and satisfying

SEXAGENARIAN

SEASONAL LIVING AT THE WELL