

Chicken and Vegetable Goulash with Gnocchi

Serves 10

Ingredients	
800 g chicken thighs, skinless, boneless and chopped into bite size pieces	100g chopped tomatoes
2 tbsp (15g) vegetable oil	450 ml soured cream
2 Medium (200g) onions, chopped	½ tbsp plain flour
5 tsp (25g) smoked paprika powder	300g button mushrooms (cut in 4)
Pinch of black pepper	400g boiled green vegetables (eg peas, broccoli, green beans)
2 (320g) large red peppers, chopped	600ml kallo vegetable stock
4 (24g) cloves of garlic	500g gnocchi
200ml reduced salt tomato soup	

- **METHOD:**

- Put the vegetable oil into a saucepan, heat it up and add all of the onions. Stir, and when the onion is soft and translucent, add 4 tsp of the paprika and reduce the heat immediately! Stir, and put the chicken pieces in the pan. Stir and season them with pepper.
- Add the garlic, tomato, red pepper and the mushroom to the chicken, mix well and cook for 8-10 minutes.
- Pour vegetable stock over the chicken, cover with lid and cook for 30-45 minutes until the meat is tender.
- To make a paprikash sauce, combine the (cold) tomato soup with 1 tsp of paprika and the sour cream, add ½ tbsp of plain flour. Add the sauce to the chicken and vegetables.
- Heat thoroughly until the sauce has thickened.
- Serve immediately with green vegetables and Gnocchi - prepared as per packet instructions.



- ✓ **COOK'S TIP** - FOR PUREE DIETS, PREPARE EXTRA GREEN VEGETABLES AND MAKE A PUREE
- ✓ FOR VEGETARIAN DIETS REPLACE CHICKEN WITH DICED TOFU
- ✓ FOR DAIRY FREE DIETS, OMIT SOUR CREAM AND USE NON DAIRY (SOYA) ALTERNATIVE
- ✓ FOR WHEAT FREE DIETS OMIT GNOCCHI AND SERVE BOILED RICE. USE CORN FLOUR TO THICKEN THE PAPRIKA SAUCE

Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
319	24.9	20.3	9.8	6	0.5	2.5	85