



Photo credit: Tanya Harris

Brown Stew Chicken

INGREDIENTS

- 1kg chicken wings (bone-in, skin-on)
- 1 lime or lemon (for cleaning the chicken)
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 Scotch bonnet pepper, chopped
- 2 sprigs fresh thyme
- 1 capsicum, sliced (any colour)
- 1 carrot, sliced
- 2 tomatoes, chopped
- 2 tbsp browning sauce
- 2 tbsp all purpose seasoning
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp pimento
- 1 tbsp brown sugar
- 2 cups chicken broth or water
- 2 tbsp vegetable oil

Served with Steamed Cabbage

- 1 medium head of cabbage, shredded
- 1 large carrot, julienned
- 1 bell pepper (red or yellow), sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 1-2 tablespoons vegetable oil
- 1 teaspoon thyme leaves
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 cup chicken broth or water

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METHOD

1. Prepare the chicken by cleaning the chicken pieces with lime or lemon and rinse with water. Pat dry with paper towels.
2. Season the chicken with salt, pepper, thyme, piment and all purpose seasoning and let it marinate for at least 30 minutes, preferably overnight in the refrigerator.
3. Brown the Chicken by heating the vegetable oil in a large skillet or dutch pot over on medium-high heat.
4. Add the chicken pieces and brown on all sides until golden. Remove the chicken from the skillet and set aside.
5. In the same skillet, add the onions, garlic, and Scotch bonnet pepper. Sauté until the onions are translucent.
6. Add the browning sauce, tomatoes, bell pepper, carrot, thyme, and brown sugar. Stir to combine.
7. Return the browned chicken to the skillet and stir to coat with the sauce.
8. Pour in the chicken broth or water, ensuring the chicken is partially submerged. Bring to a boil, then reduce the heat to low and simmer for 45 minutes to 1 hour, until the chicken is tender and the sauce has thickened. Serve

Steamed Cabbage

1. In a large pot, heat the vegetable oil over medium heat. Add the onions and garlic and sauté until fragrant and the onions are translucent.
2. Add the shredded cabbage, carrot, and bell pepper to the pot. Stir to combine.
3. Sprinkle in the thyme, black pepper and salt. Stir to mix the seasonings evenly.
4. Pour in the chicken broth or water and cover the pot. Reduce the heat to low and steam the vegetables for about 10-15 minutes, until the cabbage is tender but still slightly crisp.
5. Plate the brown stew chicken and serve with a side of steamed cabbage. Enjoy.



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Rasta Pasta

INGREDIENTS

- 500g penne pasta
- 3 boneless skinless chicken breasts (about 700g)
- 2 tbsp. jerk seasoning, divided
- Kosher salt
- 2 tbsp. extra-virgin olive oil, divided
- 1 green capsicum, sliced
- 1 red capsicum, sliced
- 1 orange capsicum, sliced
- 1/3 cup sliced green onions, plus more for garnish
- 3 cloves garlic, minced
- 1/2 cup salt-reduced chicken broth
- 3/4 c. cup heavy cream
- 1/2 c. freshly grated Parmesan, plus more for garnish

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Rasta Pasta

METHOD

1. Cook pasta according to packet instructions. Make sure to remove from water when "al dente."
2. Cube the chicken breast and toss it in jerk seasoning and cook until golden and cooked through. Then remove from the pot, and set aside to add later.
3. Add vegetable oil to a heavy-bottomed pot, and saute the capsicums with green onions. Add the minced garlic and cook until it's fragrant.
4. Add jerk seasoning to the pot.
5. Add heavy cream, chicken and vegetable stock to the pot. Simmer for a few minutes or until the sauce thickens, mix in the parmesan in the sauce.
6. Mix in the pasta.
7. Garnish with chopped chives, green onions or parsley and serve.

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