

# Chicken and Potatoes serves 2/3

## what you need

1 tin tomatoes

1 tin potatoes

1 tin chicken

## Optional ingredients:

chopped onion

chopped garlic

herbs (especially cumin,  
coriander and/or chili  
flakes)

## what to do

Drain the chicken and potatoes.

Add all ingredients together in a sauce pan. Fill the empty tomato tin halfway with water and add to the other ingredients.

Heat over medium-high heat until the mixture starts to boil.

Reduce heat and allow to simmer uncovered for 10 minutes, or until the sauce has thickened slightly.

Serve and enjoy!



*This recipe is good on its own, but if using any optional ingredients, fry the onion first over medium-high heat for 2 minutes (in a non-stick pan or with butter/oil). Then add garlic, herbs and drained potatoes and fry for 1 more minute. Add the rest of the ingredients and water, and continue as above.*

