

Chicken Cream Stew

(Japanese - S&B mix)

Serves 10

- 1 T of canola oil
- 400 g chicken thighs
- 400 g onions
- 200 g carrots
- 450 g potatoes
- 1 head broccoli, cut into florets
- 900 ml water
- 200 ml milk
- Whole box (168 g) cream stew packet



1. Slice the **onions** in half vertically and cut them into 1cm-wide wedge shapes.
2. Cut the **carrots** into irregular pieces of bite-sized portions
3. Cut the **potatoes** into manageable sizes
4. Soak them all in water, then drain.
5. Divide the **broccoli** into small florets.
6. Cut the **chicken** into bite-sized pieces.
7. Heat canola **oil** in a Dutch oven and sauté the **onions**.
8. Once the onions are translucent, add the **chicken** and sauté it to brown the skin.
9. Add the carrots and **potatoes** and stir-fry.
10. Pour in **water**. Once comes to a boil, remove any foam, reduce the heat, and **simmer** everything for **about 20 minutes** until they're cooked through.
11. Turn off the heat. Add the **stew roux**, dissolve and mix in, then pour in the milk.
12. Turn on the heat again and add the **broccoli** and simmer until the mixture thickens.