

Butternut Squash & Chicken Stew with Mashed Potatoes

Ingredients

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- 100g plain flour
 - 4 tbsp oil
- 4 chicken breasts
 - 1 onion, diced
- 4 garlic cloves, crushed
 - 2 chillies, chopped
- 1 butternut squash, diced
 - 300ml chicken stock
 - 3 bay leaves
- 4 tbsp double cream
 - 500g potatoes

Method

1. Sprinkle flour onto a plate and dredge the chicken in the flour.
2. Add half the oil to a pan and fry for 4 - 5 minutes.
3. Put chicken into a pot or the slow cooker.
4. Heat the rest of the oil and fry the onion for 5 minutes, add the chilli and garlic and fry for 2 - 3 minutes.
5. Add stock and deglaze the pan.
6. Tip the mix into the pot or slow cooker and add the butternut squash, thyme, and bay leaves.
7. Stir well and then cook for 45 minutes on the stove or 8 hours in the slow cooker on low.
8. Stir well and mash down the butternut squash slightly.
9. Add the cream and cook for a further 10 minutes on the stove or 30 minutes in the slow cooker.
10. Peel and chop the potatoes.
11. Add to cold water and bring to the boil.
12. Reduce the heat to simmer until soft.
13. Drain and mash.