

## CHICKEN, CHORIZO & QUINOA BROTH

Perfect for lighter days and great lunch

500g diced chicken

150g diced chorizo

1 large onion, diced

1 red & one yellow pepper, diced

1 stick of celery, diced

1 tin of chickpeas

100g dry weight quinoa

3 fresh tomatoes

1.5 - 2L chicken stock (knorr stock pot things are pretty good)

1 bunch fresh parsley

1 bunch fresh chives

Make this simple but really hearty broth by cooking chorizo & chicken in a large pan with no oil, cook over medium heat for 4/5 minutes, then add peppers, celery and onions and cook for further 3 minutes, then add quinoa and strained off chickpeas, add stock and simmer for 25/30 minutes until quinoa is tender, correct seasoning and add lots of fresh chopped parsley & chives.