



Sundried Tomato & Baby Spinach Chicken Wing Stew

This is a quick dinner idea meal, with lots of flavour. Cut off the tips of the chicken wings before cooking, to make the meal more sophisticated. The citrus undertones of The Deli Coffee Co. Marmalade goes perfectly with the tomato base of this dish.

The recipe uses two products from The Deli Coffee Co. range:

- The Deli Coffee Co. Sundried Tomato Marmalade
- The Deli Coffee Co. Mediterranean Salt

Serves 4

Can be frozen



1.2kg Chicken Wings / 12 Chicken Wings
1 Tablespoon The Deli Coffee Co. Sundried Tomato Marmalade
2 Table Spoons Sunflower Oil
2 Garlic cloves crushed and chopped
1 Large brown onion, cut into 1cm pieces
1/2 teaspoon Smoked Paprika
360gr Tomato Puree
4 Sprigs fresh Thyme
4 Fresh Basil Leaves, chopped
400gr Mini Rosa Tomatoes, washed
200gr Baby Spinach, washed
The Deli Coffee Co. Mediterranean Salt (use in grinder)

Steps

Heat the oil in a large skillet. Fry onions for 5 minutes in the oil, add the garlic and chicken wings and fry for another 5 minutes until the chicken is browned, while stirring regularly. Season with The Deli Coffee Co. Mediterranean Salt. Add tomato puree, The Deli Coffee Co. Sundried Tomato Marmalade, paprika, thyme and basil, lower the heat and cook for 15 minutes until the chicken wings are cooked. Add mini Rosa Tomatoes, cook for another 5 minutes. Add baby Spinach and cook for another minute. Remove the thyme sticks. Ready to serve with Cous Cous or Basmati Rice... Enjoy!!