



PANZANELLA

A quick, simple and wholesome Italian salad that will make good use of any stray vegetables or crusts of bread.

INGREDIENTS **Serves: 4**

- 1 red onion, thinly sliced
- 2 peppers (any colour)
- 600g ripe tomatoes, roughly chopped
- 2 tbsp of chopped cucumber and spring onions (optional)
- 200g stale bread (any colour is fine)
- 4 tbsp white wine vinegar
- 1 tbsp capers (if you like capers, or olives are a good alternative)
- 2 anchovies, finely chopped (optional)
- 1 small clove of garlic, crushed
- 6 tbsp extra virgin olive oil
- Small bunch of fresh basil

METHOD

1. Put the onion slices in a bowl of cold water with a pinch of salt, and leave to soak for an hour.
2. Roast the peppers for 40 mins at 180°C. Once soft put them in an airtight plastic bag, leave for 20 mins before peeling off the skin.
3. Tear or cut the bread into roughly 2 x 2cm chunks.
4. Chop your tomatoes to roughly the same size and place in a colander set over a bowl. Sprinkle salt over the top.
5. After the tomatoes have drained slightly, add their juice to the vinegar along with the oil, crushed garlic and torn basil. Whisk and add salt and pepper to taste.
6. Drain the onions, chop the peppers and add the tomatoes. Add all remaining ingredients to the bowl and stir in the dressing.
7. Allow to sit for about an hour, et voila.



CHICKEN HASH IN A FLASH

We can't think of a better way to polish up leftovers from a roast than this quick and simple hash. Think Bubble and Squeak crossed with a burger. Delicious!

INGREDIENTS Serves: 4

- 750g mixed vegetables e.g. roast potatoes, parsnips, carrots, cabbage, sprouts etc
- 4 tbsp mayonnaise
- 150g cooked chicken
- 1 egg
- 1 tbsp oil

METHOD

1. Chop the vegetables together with the leftover chicken.
2. Mix the mayonnaise and egg together, then use to bind together the vegetables and chicken.
3. Heat the oil in a non-stick pan, fill with mixture, level off with a spoon.
4. Fry over a moderate heat for 5 minutes. Then cook the top by placing the pan under a hot grill until golden brown, then put onto a serving dish.
5. Great served with a side salad.



VEGGIE COTTAGE PIE

This cottage pie is packed with plant-based proteins such as potatoes and lentils. It's the perfect high-protein but meat-free way to do classic British comfort food.

INGREDIENTS **Serves: 6**

- Extra virgin olive or coconut oil for the baking tray/dish
- 500g sweet potatoes, peeled and chopped
- 250g redskin potatoes, scrubbed and chopped
- 180g lentils, rinsed thoroughly
- 3 large Broccoli florets, chopped into small 1cm pieces
- 180g cottage cheese
- 1 egg, lightly beaten
- 2 tbsp coconut oil (optional)
- 4 tbsp nutritional yeast flakes (optional)
- 2 tbsp butter
- 1 large onion, chopped
- 2 large carrots, peeled and chopped
- 6 stalks celery, trimmed and finely chopped (optional)
- 120g frozen green peas
- 300ml passata
- 2 tbsp tomato purée
- 2 tsp thyme dried or fresh (optional)
- 2 tsp sage dried or fresh (optional)
- Salt and pepper to taste

METHOD

1. Preheat your oven to 180°C.
2. Oil a 20cm x 20cm baking tray or dish with olive or coconut oil.
3. Fill 2 large saucepans halfway with water and bring to the boil.
4. Add the potatoes to the first saucepan. Cover the pan and reduce the heat, boiling the potatoes until they are soft enough to mash.
5. Add the lentils to the second saucepan and turn down to simmer for 20 mins. Add the broccoli to the lentils and simmer for a further 5 minutes. Drain, rinse and set aside.
6. Meanwhile, drain the potatoes and return them to saucepan. Add the cottage cheese, butter and beaten egg and mash until smooth.
7. In a large frying pan, heat the oil. Add the onion, carrots and celery and cook for 5 minutes, stirring occasionally. Then stir in the salt, thyme and sage and cook for a further 2 minutes.
8. Remove the pan from the heat and stir in the lentil mixture, peas, nutritional yeast, passata and tomato purée. Season with pepper.
9. Spoon the mixture into a baking dish, spreading it evenly over the bottom. Smooth the mashed potato mixture over top and smooth with the back of the spoon.
10. Bake for 40-45 minutes at 180°C, until the edges of the crust begin to turn light brown and the sauce starts to bubble up around the edges.



THAI GREEN VEG CURRY

This one-pot Thai curry is big on flavour but low on effort, made in only 3 steps. It's a great way to use up any leftover veggies, just put in whatever you have hanging around for an easy weeknight dinner.

INGREDIENTS Serves: 2

- 200ml of water
- 1 vegetable stock cube
- ½ finely chopped nori sheet or dried sea vegetable (optional)
- 200g coconut cream (from the top of a tin of coconut milk)
- 150g broccoli
- 150g edamame beans (substitute with green beans, runner beans or frozen peas)
- 30g chopped cashew nuts
- 60g Thai green curry paste
- 4 baby corn sliced in half
- 4 spring onions
- 1 sweet pointed red pepper chopped
- 1 handful of chopped coriander
- 1 thumb sized piece of ginger finely sliced into matchsticks
- 1 clove garlic chopped
- 1 tbsp of avocado or coconut oil
- 1 tbsp sesame oil

METHOD

1. Pour 200ml of boiling water into a measuring jug with the stock cube and the finely chopped nori sheet, and put to one side.
2. Heat up a pan over a medium heat with the avocado or coconut oil and add the curry paste and ginger for a few seconds to let the aromas release, then add the garlic, spring onions, baby corn, broccoli, sweet red pepper and sauté for a minute.
3. Add the vegetable stock, coconut cream, chopped coriander, half the lime juice and simmer for 5-10 minutes. Then add the edamame beans to the curry and heat for a couple of minutes until cooked.
4. Serve the curry with rice topped with sesame oil, the chopped cashews, a few coriander leaves and a squeeze of lime.



MINTED PEA AND POTATO CAKE

Leftover peas and potatoes this is your calling. Mint is a classic combination with peas but you can try other fresh herbs to ring the changes.

INGREDIENTS **Serves: 6**

- 500g potatoes
- 250g fresh or frozen peas
- 3 tbsp chopped fresh mint
- 2 eggs
- 1 tbsp vegetable oil

METHOD

1. Peel the potatoes, and parboil them for 15 minutes until they are beginning to soften but still very firm. Drain and set aside to cool.
2. Cook the peas in salted boiling water for 5 minutes, then drain and crush with a potato masher.
3. Beat the eggs. Grate the potatoes into a large mixing bowl and add the rest of the ingredients. Stir together gently so that the potato doesn't get gluey.
4. Warm the oil in a large, heavy frying pan. Spoon the mixture into the pan and spread it out evenly. Cook on a medium heat for 5 minutes, until the underside of the cake is browning and crisp.
5. Slide out of the pan and onto a plate, then invert the frying pan over the plate. Turn everything over to get the potato cake back into the pan and cook the other side for a further 5 minutes until golden and crisp.



CHICKEN NOODLE SOUP

Get the most out of your roast and make a delicious chicken noodle soup.

INGREDIENTS **Serves: 6-8**

- 1 chicken carcass (can sub with chicken breast)
- 1l of the stock of your choice
- 8 carrots, diced
- 5 celery stalks, diced
- 2 onions (any colour), diced
- 1 tbsp sea salt
- 2 tsp ground black pepper
- 2 tsp soy sauce
- Chilli oil (optional)
- ½ bulb of garlic
- 4 tbsp fresh coriander
- Any leftover chicken meat
- 200g rice or egg noodles, uncooked
- Lime

METHOD

For the chicken stock

1. Place all your scraps and chicken carcass in a large pot with the peels and vegetable scraps from the soup prep.
2. Cover with water and bring to a boil.
3. Allow stock to simmer and reduce by 60-70%. This process should take about an hour or a little longer.

For the chicken soup

4. Heat a medium stockpot and add olive oil to sweat down the diced onions, followed by carrots, celery and garlic.
5. Season with a little sea salt and black pepper, allow to cook for 3-4 minutes
6. Add chicken stock and chicken meat, bring to a boil then reduce to a simmer allowing to cook for at least 30 minutes. (I like to let soups simmer for 90 minutes whenever possible).
7. While soup is cooking in another pot cook your noodles a little on the al dente side (cooked to be slightly firm still)– as per the pack instructions, then rinse and chill until you serve the soup.
8. Stir in the soy sauce and chilli oil if desired.
9. Add a heaped helping of cooked noodles to the bowl and ladle over the hot soup and serve with lashings of coriander.

Serving suggestion

10. Serve with chilli, coriander and a hefty slice of lime.



FABULOUS FISHCAKES

A delicious way to make the most of leftover fish and mash.

INGREDIENTS **Serves: 4**

- 250g mashed potatoes
- 250g of cooked white fish (e.g. cod, hake etc) Use what you fancy or have in stock.
- 1 egg
- Splash of milk
- Salt and pepper
- Parsley, chives, mint or coriander (dried is fine)
- Oil for frying

Optional coating

- Plain flour
- 1 egg
- Breadcrumbs

METHOD

1. Put the mashed potatoes into a basin.
2. Break up the fish and mix into the potatoes.
3. Add the herbs.
4. Beat an egg, add to the mixture with salt and pepper and mix well.
5. Using floured hands form 8 flat round cakes.
6. Dip in flour.
7. Heat the oil in a frying pan until a faint haze can be seen.
8. Fry the fishcakes fairly quickly, turning them over when one side is crisp.
9. Pat with kitchen roll to remove excess oil and serve at once.



CARROT TOP PESTO SALAD

Carrot tops are a nutritious and versatile ingredient that can be used to replace herbs in any dish.

INGREDIENTS Serves: 4 as a side

- 250g carrots with leaves
- 1 fennel with leaves
- 40g pine nuts, lightly toasted
- 1 small clove garlic, finely chopped
- 1/2 orange, zested then peeled
- 75ml extra virgin olive oil
- 1 tbsp grated parmesan (or nutritional yeast)
- If you are unable to find carrots and fennel with their tops still attached, replace with 50g of basil.

METHOD

For the pesto

1. Remove the stalks and leaves from the carrots and fennel bulb and place them in a bowl of cold water for five minutes, remove and rinse under the tap.
2. Bunch the tops together on a chopping board and chop finely.
3. In a large pestle and mortar, crush the garlic to a paste. Add half the toasted pine nuts and crush, then add the orange zest and combine with the pestle.
4. Add the carrot and fennel tops – or basil if using – and grind together into a rough paste, then stir in the olive oil and nutritional yeast or parmesan. You can store the pesto in a jar or container in the fridge for up to two weeks. If you don't have a pestle and mortar, blend all the ingredients in a food processor until roughly chopped and combined, or simply chop everything finely and mix together.

For the salad

1. Wash the carrots and fennel then shave them into slithers using a peeler. Slice the orange into rounds about 5-10mm thick, then cut the rounds into halves.
2. Toss the carrot and fennel shavings with the pesto and orange pieces in a mixing bowl.
3. Serve on a plate topped with pesto and decorated with the saved fennel and carrot tops.

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STALKS AND STEMS GREEN SOUP

This delicious soup feels rich and decadent despite its obvious bright green health appeal.

INGREDIENTS Makes: 2 large bowls

For the soup

- 350g broccoli stalks, cauliflower leaves, kale stems
- 1 shallot, sliced
- 3 cloves garlic, sliced
- 25g coriander stalks
- 600ml water
- Juice ½ lemon
- 50g spinach
- 100ml olive oil

- 2 tablespoons nutritional yeast – optional
- A big pinch salt, and pepper to taste

For the breadcrumbs

- 1 tbsp olive oil
- 2 clove garlic, grated
- 75g breadcrumbs/old bread

METHOD

For the soup

1. Heat a medium pan over medium heat, add a tablespoon of oil, add your shallots, cook for a minute, add the garlic, cook for another minute.
2. Add the vegetables except for the spinach and cover with water (don't add too much - you can always add more when blending if needed). If you're using leftover cooked vegetables just add them at the blending stage.
3. Cook on a gentle simmer for about 5 minutes until the vegetables are tender. I cook them so they still have a beautiful bright green colour and retain a little bite. If you have a good blender you'll still get a nice smooth soup.
4. Once ready transfer to your blender along with the rest of your ingredients and a good pinch of salt and pepper.
5. Blend on high speed (start at a low speed or you'll have soup on your walls!) for a minute until smooth creamy and delicious.
6. Serve topped with your breadcrumbs or croutons, a drizzle of oil and a sprinkle of pepper or chilli flakes.

For the breadcrumbs

1. Blitz bread in a food processor for a minute or so until you have breadcrumbs.
2. Heat a large fry pan, add the oil then your breadcrumbs and garlic.
3. Cook on a medium heat for about 5 minutes, stirring and keeping an eye on them so the garlic doesn't burn.

For more tips and recipes visit www.hubbub.org.uk



POTATO ROSTI

Crispy on the outside and delicious on the inside, this is a superb way to use up lone potatoes and makes a quick meal or side dish.

INGREDIENTS **Serves: 2**

- 3-4 medium potatoes (or a mix of root vegetables)
- 1 egg
- 2 rashers bacon or 4 sundried tomatoes
- 3 tbsp grated cheddar cheese (optional)
- ½ onion
- 1 clove garlic
- Salt and pepper
- 2 tsp vegetable oil

METHOD

1. Wash the root vegetables and grate them (skin on) into a large mixing bowl. Finely slice the onion into half moons and add to the bowl along with a good pinch salt and pepper and 1 minced garlic clove.
2. Take the bowl to the sink and pull out a handful of the mixture at a time, and squeeze out as much water as you can. Once the bowl has been completed, re-season with a pinch of salt and pepper. Break an egg into the bowl and mix through.
3. If using bacon, chop the rashers into 1 cm pieces and fry in a tsp oil until crispy. Add to the bowl along with the 4 finely chopped sun-dried tomatoes and the grated cheddar cheese, if using. Mix well.
4. Heat 1 tsp oil in a non-stick frying pan and pour in the vegetable mixture. Pat down so it is around 2-3 cm thick maximum. (I use an 18cm medium frying pan but a larger pan is fine). Cook over a medium-low heat for 10 minutes.
5. Turn the Rosti by putting a plate snugly on top of it and turn over the frying pan so it comes out. Add another tsp oil to the pan and slide the Rosti back in to cook the other side. Allow 6-8 minutes more cooking.



BEETROOT, APPLE AND CARROT SALAD

Practice improvising in the kitchen with this healthy beetroot salad, throw in any leftover carrots, courgette, fennel - or similar.

INGREDIENTS Serves: 2

- Beetroot
- Apples
- Carrots (also nice with fennel, courgette, celeriac – try with whatever you have around)
- Some lettuce
- An orange or lemon
- Olive oil
- Mustard
- Sunflower seeds (and/or other seeds)
- Roughly chopped walnuts
- Raisins
- Salt and pepper
- Parsley

METHOD

1. Grate the beetroot, apples, carrots etc. into a big mixing bowl.
2. Add raisins if using.
3. Get an empty jam jar, and make the dressing with the juice of an orange, a dash of olive oil, a little (e.g. ¼ teaspoon) mustard, salt and pepper.
4. Put the lid on the jar and shake it. Taste, adjust and when happy add to the grated veggies and toss together.
5. Make a bed of lettuce in a serving bowl, and put the grated veg mix on top.
6. Sprinkle with seeds, nuts and chopped parsley (or your herbs of choice).



BREAD LASAGNA

Some say that pasta is the staple ingredient of lasagna, we are inclined to disagree...

INGREDIENTS

- 2l tomato sauce
- 2 stale large Hackney wild sliced without the crust (or similar)
- 1,5l besciamella
- 3 Balls of mozzarella
- 500g grated parmesan

Tomato sauce

- 2l tin tomato
- 2 onions
- 4 garlic gloves
- 6 basil leaves
- Salt/sugar/pepper (to taste)

Besciamella

- 100g butter
- 100g flour
- 1L milk
- Salt and nutmeg to taste

METHOD

Tomato sauce

1. Brown the onion in olive oil with sugar and salt.
2. Blend tomato garlic and basil leaves.
3. Add the tomato mix to the brown onion.
4. Cook for 1 hour.
5. Adjust salt and sugar.

Besciamella

1. Melt the butter.
2. Add the flour and stir on a medium heat till it starts to colour slightly.
3. Heat the milk and add salt and nutmeg.
4. Once the milk is hot add it to the browned butter and flour mix and whisk briskly.
5. Cook on a medium heat for 7-8 minutes till thick.
6. Adjust salt and sugar.

Lasagne

1. Put a layers of sliced bread in an oiled baking tray.
2. Cover with sliced mozzarella, tomato sauce, parmesan and besciamella.
3. Repeat till the tray is full.
4. Bake for 30 minutes at 250C. Enjoy!



ROASTED CARROT AND CHICKPEA SOUP

Be they languishing at the back of the fridge or leftover from a Sunday roast, carrots can often be seen as just a side dish. Here they're the star of the show with some warming winter spice in a hearty soup fit for lunch or a cosy dinner.

INGREDIENTS **Serves: 4**

- 850g carrots (around 7)
- 2 tbsp olive oil
- 1 onion
- 1 tsp ground cumin
- 1 red chilli
- 1 chicken stock cube
- 800ml water
- 200g tin chickpeas
- Salt and pepper
- 1 spring onion (optional, to serve)

METHOD

1. Preheat the oven to fan 200°C. Peel the carrots, divide lengthwise then chop into ½ cm slices and toss in a large roasting tin with half of the olive oil. Roast in the oven for around 45 minutes until well coloured and tender - turn halfway cooking to avoid any bits catching too much.
2. Meanwhile, in a deep saucepan add the remaining olive oil and finely chop the onion and red chilli to add in too, along with the cumin. Heat on a medium heat for around 5 minutes to soften the onions and release the aromas in the cumin.
3. Make a stock using the water and stock cube. Add this along with the entire contents of the chickpea tin to the onion and chilli mix. Bring to a low simmer and heat through for 3-4 minutes.
4. Pour this mix into a blender along with the roasted carrots and blend until smooth. If a little thick, add more stock until it's smooth and pourable. Season to taste - I like it with an added tsp of salt. Serve with thinly sliced spring onion if you fancy.

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MEXICAN CHILLI BEAN SOUP

Sip your way to five-a-day with this healthy and warming soup.

INGREDIENTS Serves: 4

- 1 tbsp olive oil
- 1 onion, roughly chopped
- 2 sticks celery, washed, trimmed and sliced
- 2 carrots, washed and diced
- 1 red pepper, washed, deseeded and diced
- 2 cloves garlics, crushed
- 0.5 tsp paprika
- 1 red chilli, washed and finely sliced
- 400g tin basics chopped tomatoes
- 400g tin black eyed beans, drained
- 400g red kidney beans in chilli sauce*
- 600 ml vegetable stock, hot
- 50 g dark chocolate, grated
- 0.5 bunch spring onions, washed, trimmed and finely sliced
- 1 lime, cut into wedges
- 80ml soured cream

METHOD

1. Heat the oil in a large pan and add the onion, celery, carrots and pepper. Cook over a medium heat for 8 minutes until the vegetables are soft.
2. Add the garlic, paprika and half the chilli and cook for 2 minutes.
3. Stir in the tomatoes along with the drained black eyed beans and the kidney beans in chilli.
4. Pour in the stock, then simmer for 10 minutes.
5. Sprinkle over the grated chocolate and stir though the spring onions.
6. Divide between 4 bowls or mugs and scatter over the remaining chilli. Serve with the lime wedges and soured cream on the side.



VEGETABLE CURRY

The coconut milk and butternut squash give this recipe a creamy texture and sweetness that children will love.

INGREDIENTS **Serves: 8**

- 1 tbsp oil
- 1 large onion, peeled and sliced
- 2 tbsp tikka masala paste
- 200 ml coconut milk
- 200 ml vegetable stock
- Half a butternut squash (about 250g), peeled, deseeded and cubed
- 250g green beans, trimmed and cut in half
- 1 red pepper, deseeded and chopped
- Fresh coriander leaves, to garnish (optional)

METHOD

1. Heat the oil in a large pan and fry the onion over a medium heat for 5 minutes until softened. Stir in the masala paste and cook for 1 minute.
2. Turn down the heat and pour in the coconut milk, keep stirring.
3. Slowly pour in the stock.
4. Add the butternut squash and bring to the boil. Then lower the heat, cover and simmer for about 10 minutes.
5. Add the beans and chopped pepper to the pan and cook, covered, for another 5-10 minutes until the squash is tender.
6. Garnish with coriander and serve with rice and naan bread or chapatti.



IRISH STEW

A delicious way to use up all your potatoes.

INGREDIENTS Serves: 4

- 900g lean diced stewing beef
- 3 tbsp plain flour
- Salt and pepper
- 2 tbsp olive oil
- 1 large onion
- 4 carrots
- 700ml vegetable stock
- 1 tbsp cornflour
- 750g potatoes
- 60g salted butter
- A splash of semi-skimmed milk
- Bunch of chives.

METHOD

1. Preheat the oven to fan 160°C. To a large disposable resealable bag, add the beef, flour and a good seasoning of salt and pepper. Seal the bag and shake well to coat all the meat and to separate the bits of beef.
2. Add the olive oil to a large casserole dish and place on a medium heat on the hob. Finely dice the onion and simmer for 5 minutes until translucent and softened. Peel the carrots and cut into ½ cm slices - add to the onions and sweat off for a few minutes.
3. Add the coated stewing beef to the casserole pan along with the vegetable stock. Mix the cornflour in a small glass with a little water until smooth and add this into the casserole dish too. Mix well then cover and cook for 2 hours, stirring halfway through cooking.
4. In the final 45 minutes of cooking, peel potatoes and cut into small egg-sized chunks. Bring a large pan of lightly salted water to the boil and cook until tender, around 20-25 minutes.
5. Drain the potatoes then return to the heat for a few seconds to dry out. Add the butter and splash of milk then mash in the pan thoroughly. The mash should be silky smooth with no lumps. Finely chop the chives and stir these through.
6. Serve the stew with a pile of the mash and some greens.



SQUASHY TOMATO AND EGG TOAST

This is a deliciously savoury, speedy supper. Tomatoes should really be stored at room temperature, which keeps them juicy and sweet, but also means that they ripen apace.

INGREDIENTS **Serves: 1**

- 2 large slightly overripe tomatoes
- Splash of rapeseed or sunflower oil
- 1 garlic clove, finely sliced
- 1 large egg
- 1 good slice of robust bread
- Butter
- Salt and freshly ground black pepper

METHOD

1. Slice the tomatoes in half around the 'equator'. Holding the skin side of one half in your hand, grate the tomato flesh on a box grater, into a bowl. Keep going until you have only the skin left in your hand and a nice juicy pile of tomato pulp beneath.
2. Heat the oil in a small, non-stick frying pan over a medium-low heat and add the garlic. Let it sizzle briefly until just starting to colour.
3. Add the tomato pulp and some salt and pepper. Increase the heat, bring to a brisk simmer and cook for about 5 minutes, to reduce the liquid down a little.
4. Meanwhile, break the egg into cup.
5. Carefully tip the egg gently into the middle of the simmering tomato mixture. Turn the heat down low and cook for 5 minutes or so until the white of the egg is set. You can also baste the egg with the tomato 'sauce' to help set the top, or you can flip it, to have it 'easy over'.
6. Meanwhile, toast and butter your bread.
7. Using a large spatula, scoop the egg carefully out of the pan and place it on the toast. Pour the remaining tomato sauce from the pan over the egg. Season again with salt and pepper and tuck in straight away.



CHICKEN, CHORIZO AND BEAN STEW

Low on fresh ingredients? This is a good one for using up back of the cupboard staples saving

INGREDIENTS Serves: 4

- 125g chorizo, diced
- 1 onion, finely chopped
- 1 fat clove garlic, crushed
- 2 tbsp smoked paprika
- 4 sprigs fresh thyme
- 2 x 400g cans chopped tomatoes
- 200ml chicken stock (made with half a stock cube)
- 2 x 400g cans butter beans, drained and well rinsed
- 1 tsp olive oil
- 615g skinless and boneless chicken thighs
- Bread, to serve

METHOD

1. Cook the chorizo in a large non-stick saucepan over a medium heat for 2-3 minutes, until it releases its natural oils. Add the onion and cook for another 4-5 minutes, until softened and slightly golden. Add the garlic and cook for another minute.
2. Stir in the paprika and add the thyme. Pour in the chopped tomatoes and stock and bring to the boil. Simmer for 18-20 minutes until thickened slightly. Add the butter beans for the last 5 minutes to heat through.
3. Meanwhile, heat a griddle pan until smoking hot. Rub the oil all over the chicken thighs. Cook the chicken for 5-6 minutes on each side, or until cooked through.
4. Serve the stew in bowls, topped with the chicken and bread on the side.