

CHICKEN PASTA



COOKING WITH *Dawn Faith*



INGREDIENTS

- 600 grams chicken breast
- 2 carrots
- 2 zucchini
- 4 large garlic cloves
- Perino medley tomatoes (punnet)
- 1 Spanish onion
- 1 spoon Italian mixed herbs
- 1 tablespoon tomato paste
- 250ml pasata
- Olive oil
- Sea Salt
- Sweetner (brown sugar or balsamic vinegar)
- Chicken Stock
- Pasta of choice

INSTRUCTIONS

Turn the oven to 200 degrees fan force

Chop carrots, zucchini, garlic, tomatoes, spanish onion then place in oven tray.

Add mixed herbs, salt and olive oil then mix well. Once oven is heated, place in the oven and cook for 20 minutes.

Cut chicken breast into thumb size. In heated medium size pan add olive oil then follow with the chicken. Cook for a minute then add tomato paste. Cook till the chicken runs clear, should take about 6 minutes.

Bring water to a boil then cook the pasta as per instruction reducing the cooking time by 5 minutes.

Back to the vegetables: after 20 minutes pull the vegetables from the oven then add them into the pan with the chicken. Mix well.

Add the pasata & mix in well then cook for about 8 minutes on low heat. Add pasta into the chicken pan and mix in well then follow with the sweetner. Cook for a further 5 minutes.

Serve the dish babe!