

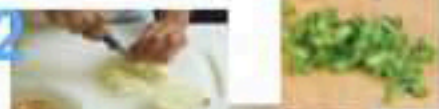
Chicken Arrabbiata and Pasta

- 1 onion
- 1 clove garlic
- 1 breast chicken
- 1 tsp oil
- 1 tin tomatoes
(1 tbsp tomato puree)
- 1 chilli
- Pepper and mixed herbs
- 200g pasta
- 1 vegetable stock cube

Choose your ingredients

1

2



Finely dice the onion. Peel and grate the clove of garlic, dice the chilli.

3



Slice the chicken into small strips.

4



Add 1 tsp oil and fry onion, chilli and garlic for 2 mins add chicken.

5



Cook the chicken until sealed - white in colour.

6



Add the tomatoes, a pinch of herbs and a pinch of pepper

7



Add stock cube and 200g pasta to boiling water

8



Leave to simmer for 10-12 minutes until al dente

9



Using a colander, drain the pasta

10



Stir the sauce that should now have thickened

11



Serve the pasta with the arrabbiata sauce, garnish.

12



How could you adapt this recipe to cover more food groups?