

Good for batch cooking



Chicken arrabiata with penne

Serves 1

1½ tsp olive oil

95g skinless chicken breast, sliced into thin strips

Salt and pepper

½ red onion, peeled and finely sliced

½ red pepper, deseeded and sliced

½ red chilli, sliced

1 clove garlic, peeled and crushed

1 tsp brown sugar

190g tinned chopped tomatoes

20g pitted black olives, sliced

50g penne pasta

Small bunch of basil, leaves torn

Method

Heat half of the oil in a large saucepan, season the chicken with salt and pepper then fry in batches until golden brown. Remove from the pan and set aside.

Heat the remaining oil, add the onion, pepper and chilli and fry for 5 minutes until soft. Add the garlic, fry for a minute then add the sugar, tomatoes and olives. Simmer for 10 minutes then return the chicken to the pan and cook for a further 5 minutes.

Meanwhile cook the pasta according to the packet instructions and drain.

Add the pasta to the sauce along with the basil, stir to combine and serve.

Tips

This recipe is great for batch cooking. Make double or triple the sauce without the pasta or basil (basil will turn black if frozen) then divide into portions and freeze some for later use.

The best way to freeze the sauce is to leave it to cool completely then spoon portions into individual freezer bags. Lay on a tray and freeze flat.