

Mediterranean Chicken

A great family supper dish for all to share

Portions: 4

Ingredients

75g	Mixed Peppers
10g	Diced onions
200g	Tinned Chopped Tomatoes
5ml	Vegetable oil
1/4tsp	Mixed herbs
200g	Tomato Coulis
1/4tsp	Garlic puree
300g	Diced Chicken
	Seasoning
150g	Pasta twists

Method

1. Fry off onions and peppers in a little oil till soft
2. Add diced chicken and continue to fry
3. Add chopped tomatoes, coulis, mixed herbs and garlic puree to the pan. Lightly simmer until thickened and chicken is cooked
4. Season with salt and pepper.
5. Cook the pasta in a pan of boiling water. Drain in a colander

Serve with vegetables of your choice

