



Fresh Ideas Feeding Minds

Recipe Feature

Spanish Chicken

Serves 4

Ingredients

- 350g Chicken Breast Fillets
- 5ml Vegetable Oil
- 75g Mixed Peppers – finely chopped
- 75g White Onion – finely chopped
- 200g Tinned Chopped Tomatoes
- 1 Tsp. Mixed Herbs
- 200g Tomato Coulis
- 1 Tsp. Garlic Puree
- 1 Tsp. Paprika
- Pinch of Salt and Pepper to taste

Method

1. Roast the chicken fillets in the oven at 180°C, Gas Mark 4 for approximately 25-30 minutes.
2. Fry the onion and mixed peppers in oil until soft.
3. Add the tinned chopped tomatoes, tomato coulis, mixed herbs, paprika and garlic puree to the onion and pepper mix.
4. Lightly simmer until the sauce has thickened. Season to taste.
5. Cover the cooked chicken fillets with the tomato sauce mixture and serve.

***Don't forget to add your sides – we love this dish
with steamed rice and mixed salad!***

