



One pot chicken tomato pasta

Servings: 4

Prep: 10 min

Cook: 25 min

Total: 38 min



Ingredients

- 17.6 oz** boneless, skinless chicken thighs (*cut into thin strips (about 1 x 4 cm)*)
- 1/2 tsp** salt
- 1/4 tsp** black pepper
- 2 tsp** Italian mixed herbs
- 2 tbsp** olive oil

PASTA AND SAUCE

- 1 unit** brown onion (*finely chopped*)
- 3 unit** garlic cloves (*finely minced*)
- 3 tbsp** tomato paste
- 1/3 cup** dry white wine (chardonnay or other) (*optional*)
- 14.1 oz** chopped tomatoes (*from a can*)
- 4 cup** low-salt chicken stock
- 1/2 tsp** white sugar (*if needed*)
- 1/2 tsp** salt
- 1/2 tsp** black pepper
- 3 cup** penne pasta (*(or other similar-sized pasta)*)
- 1 cup** grated cheddar

TO SERVE

- parmesan (*finely grated*)
- basil leaves (*handful (optional)*)

Instructions

Sear chicken

- 1 In a bowl, toss the chicken with the salt, pepper and Italian mixed herbs. Heat the oil in a large heavy-based pot with a lid over high heat until very hot. Add the chicken and cook until the surface changes from pink to white, but is still raw inside. Transfer to a bowl using a slotted spoon, leaving the fat behind in the pot.

Make sauce

- 2 In the same pot, cook the onion and garlic for 2 minutes. Add the tomato paste and stir for 1 minute. Add the white wine (if using) and let it simmer rapidly for 2 minutes, stirring the base of the pot until it is mostly evaporated. Add the tomatoes, stock, sugar (if using), salt and pepper. Stir, then once the sauce comes to a simmer, add the pasta and return the cooked chicken to the pot (along with any juices pooled on the plate). Stir, then reduce the heat to medium-high so the sauce is bubbling energetically but not rapidly boiling.

Cook pasta

- 3 Cook for 15 minutes, stirring regularly so the pasta cooks evenly. Towards the end, as the sauce gets thicker, reduce the heat to medium-low and stir more regularly so the base doesn't catch. Once the penne is tender (pick one out to check), remove the pot from the stove. It should seem a little more watery than you expect - the liquid will be absorbed in the next step. Add the cheese and stir it through.

Rest and serve

- 4 Leave the pasta for 3 minutes. The cheese will melt and the excess liquid will be absorbed by the pasta. Serve, topped with parmesan and a good handful of basil (if using).

