

Sizzling summer chicken

Ingredients

4x chicken breasts
1 tin chopped tomatoes
3x peppers sliced (red, yellow, green)
4Tbspn spicy paste
1Tbspn olive oil
1 onion (sliced)
1 chicken stock cube

Method

Season chicken with a little spicy paste and cook in a heavy pan for about 20-30 minutes until it is thoroughly cooked (no sign of pink).

In a separate pan heat olive oil add onions and peppers and soften (do not allow this to colour) add spicy paste and tinned tomatoes.

cook spicy sauce for about 10 minutes over a moderate heat.

Add diced chicken and serve with sauce.

Nb

This dish serves up very well with chicken cous cous

Chicken cous cous

8oz couscous
1 pt chicken stock
1 chopped onion
1 crushed garlic clove
4oz peas
2oz sultanas
1 pinch garam masala
1 pinch cinnamon
1 pinch of chilli flakes

Method

Boil stock for 5 minutes with spices, sultanas, onion, garlic, peas add to cous cous and allow to soak for 5 minutes then serve with a squeeze of lime juice and olive oil season to taste.