



CHICKEN CACCIATORE PASTA

-  **Prep: 15 minutes**
-  **Cook: 20-25 minutes**
-  **Serves: 4**

INGREDIENTS:

- 1 tbsp oil
- 500g chicken breast fillets, diced
- 1 onion, diced (180g)
- 2 peppers, 1 red, 1 yellow, sliced (400g)
- 2 sprigs rosemary, plus extra for garnish
- 1 tsp **LoSalt**
- 400g can chopped tomatoes
- 250g wholewheat penne pasta

METHOD:

1. Heat the oil in a large frying pan and fry the chicken and onion for 5 minutes. Stir in the peppers and continue to cook for 3 minutes.
2. Add the rosemary, **LoSalt** and season with black pepper. Stir in the tomatoes, fill the can half way up with water and add this to the pan. Simmer uncovered for 10 minutes.
3. Meanwhile, cook the pasta according to pack instructions. Drain and serve with the chicken sprinkled with extra rosemary leaves.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try serving with spaghetti or use thyme instead of rosemary.