

One-pan creamy chicken in tomato sauce

Prep: 5 minutes

Cook Time: 20 minutes

Serves: 4

Portion Serving Size: 300g

INGREDIENTS

2 Tbsp (30 ml or 24 g) olive oil
4 skinless (4 x 120 g), de-boned chicken breasts, cut into cubes
Salt and pepper, to season
2 tsp (10 ml) paprika

For the tomato sauce:

2 Tbsp (30 ml) olive oil
1 onion (45 g), chopped
2 garlic cloves (4 g), thinly sliced
1½ cups Passata tomato sauce
1 tsp (5 ml) dried oregano
1 level tsp (4 g) sugar
Salt and pepper, to taste
½ cup (125 ml) of double cream yoghurt or buttermilk

Fresh basil, to serve

Mashed potato or rice, to serve

METHOD

1. Heat 2 Tbsp (30 ml) olive oil in a large, non-stick frying pan over medium-high heat.
2. Season the cubed chicken with salt and pepper and paprika.
3. Add the chicken to the pan and fry for 8-10 minutes, or until the chicken is cooked through. Remove the chicken from the pan and set aside.
4. Add another 2 Tbsp (30 ml) olive to the same pan, followed by the onion and fry for 3-4



minutes, until golden. Add the garlic, followed by the Passata sauce, oregano, sugar and season with salt and pepper, to taste.

5. Bring to the boil, then reduce to a gentle simmer for 10 minutes, until slightly reduced. Remove the pan from the heat and add the yoghurt or buttermilk and stir through. Add the chicken to the sauce, coating well and scatter with fresh basil leaves before serving.
6. Serve the creamy tomato chicken with mashed potatoes or rice.

Nutrition Facts

Serving size: 300 g

Energy (kJ)	1473
Protein (g)	42
Total Carbohydrates (g)	12.8
Fat (g)	14.6
Fibre	2.7
Calcium (mg)	135

Using buttermilk



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