

View from the Fridge – Recipes from Brian Donkin

Recipe # 115 – Farfalle with Chicken and Chilli

Preparation time: 5 mins Cooking time: 4 mins

Ingredients:

200 gms farfalle pasta
1 raw chicken breast
1 thin japeno chilli finely chopped (almost to a puree)
2 tblspns olive oil
1 wine glass tomato concasse (see www.leithlinks.co.uk/fridge/view.html
for recipe)
1 tblspn shaved parmesan
Salt and pepper

Method

1. Rub chicken with salt and pepper and a little olive oil and place in preheated oven (180 degrees) on metal tray for ten minutes
2. Turn chicken over and cook for a further 10 minutes then remove from oven and leave in warm place
3. Meanwhile, in pot of salted water cook pasta until soft enough (al dente)
4. In pan place 1 tblspn of olive oil, add chilli and cook for one minute over medium heat – meanwhile slice the chicken
5. Add the pasta and tomato concasse, stir thoroughly
6. Place on plates or in bowls and top with the chicken and then place parmesan on chicken – serve!

Serves 2

