



Chicken Arrabbiata

Serves 2 (each serving contains approximately 520 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

1 small red onion
1 red pepper
1 garlic clove
2 fresh oregano sprigs (1 teaspoon dried – 5g)
2 teaspoons rapeseed oil (10g)
2 skinless chicken thighs (bone in) (250g)

1 teaspoon dried chilli flakes
400g tin cherry tomatoes
150g baby spinach leaves
150ml chicken stock (made from a stock cube - reduced sodium)
80g wholewheat spaghetti
salt (optional) and freshly ground black pepper

Method

Preheat the oven to 180°C/350°F. Cut the red onion in half and peel, then slice. Remove the core from the pepper and cut into slices. Trim and peel the garlic clove and then crush to a paste. If using fresh oregano, take the leaves off the stem and chop.

Heat a casserole dish over a high heat. Add the oil and add the chicken thighs, presentation side down. Cook for 5 minutes until golden brown. Using a tongs, transfer the chicken to plate and set aside until needed.

Add the onion and red pepper to the casserole dish, then reduce the heat to low and sauté for 10 minutes until softened and just beginning to pick up a bit of colour around the edges. Stir in the garlic and chilli flakes and cook for another minute.

Tip the tomatoes into the onion mixture with the stock and add most of the oregano, reserving a little for garnish. Season lightly with salt (optional) and freshly ground black pepper. Nestle the chicken into the casserole and bake (without a lid) for 35-40 minutes until the chicken is cooked through and tender. Test with a sharp knife to ensure the juices are running clear.

Remove the chicken from the casserole and set aside on a small plate to rest covered with foil. Fold in the spinach in two batches – the heat of the tomato mixture will cook the spinach in minutes.

About 15 minutes before the chicken is going to be ready, bring a large pan of water to the boil with a pinch of salt (optional). Add the spaghetti and cook for 8-10 minutes until tender. Drain in a colander.

Arrange the spaghetti on plates and place the chicken Arrabbiata on top. Scatter over the reserved oregano, if using fresh to serve.