

Spanish Red Pepper Chicken

This is an absolutely delicious casserole. Very quick and easy to put together, it uses roasted red piquillo peppers from a jar.

Serves 4

2 tbsp olive oil
2 cloves garlic, chopped
1 large onion, chopped
100g chorizo sausage, chopped
8 cherry tomatoes, halved
½ tsp chilli flakes
4 chicken breasts
4 roasted piquillo peppers, from a jar, drained & cut into 5mm strips.

1. Heat the oil in a wide, shallow pan, add the chicken breasts and fry over a medium heat to brown on both sides.
2. Add the chopped onion, garlic and chorizo sausage. Continue frying until the onion is soft and lightly browned.
3. Add the sliced peppers, cherry tomato halves and chilli flakes, season with salt & pepper. Stir everything well, put a lid on the pan and cook gently for 20 to 30 minutes.
4. Once time is up, to thicken the sauce, remove the chicken and as much of the chorizo, pepper mixture from the juices in the pan. Arrange on warm plates and keep warm.
5. Return the pan and juices to a high heat and bubble fiercely for a few minutes until they are reduced and syrupy. Spoon the sauce over the chicken and serve.



Hints, Tips and Adaptations

Gluten free, dairy free.

If you can't get jarred, roasted peppers, make your own by roasting peppers under the grill until the skins blacken. Remove to a bowl and cover with cling film. Once cool, scrape the skins away, remove seeds and chop as per the recipe.

Spice up or down with chilli flakes to taste.