

Baked Chicken Putanesca with Olives and Roasted Red Peppers

Serves 4

2 tbsp olive oil
2 boneless chicken breasts*, cut into chunks
1/2 tsp sea salt
1/4 tsp pepper
1/4 tsp red chili flakes or 1/8 tsp chili powder
1 large clove garlic, chopped
1 cup roasted red peppers, chopped
1-2 tbsp fresh oregano, chopped
10 calamite olives, pitted and chopped
2/3 cup mozzarella cheese, grated or dairy-free mozzarella
1/2 of 1.1 pound (250 g) package whole wheat spaghetti or brown rice noodles.

Heat oil in a frying pan over high heat. Sprinkle chicken with salt and pepper. Brown chicken chunks in hot oil for about 4-6 minutes. Lower heat and add chili flakes or powder, garlic, tomatoes, oregano, and olives and cook for another 10 -15 minutes or until chicken is fully cooked. Keep the mixture wet and add water if needed. While the chicken is cooking, turn on the broiler in the oven. The pasta can also be cooked at this time. Once the pasta is done, place it on a serving plate and spoon the chicken mixture on top. Sprinkle with cheese. Place in the oven under the broiler to melt the cheese. Serve.

To cook the pasta: Fill a medium size pot with water, about 3/4 full and place on the stove on high heat. Add 2-3 tsp sea salt and bring water to a boil. Add the spaghetti noodles and allow to the water to come to a boil again. Cook for 14 minutes or as directed on the package. Drain and rinse

*This recipe works with turkey breast meat or boneless chicken thighs.