

Mediterranean Chicken Penne

For 5 people

Ingredients

- Penne Pasta.
- Pack of 4 chicken thighs.
- 1 Pepper.
- 1 Courgette.
- 1 Box of Mushrooms.
- 3 packs of passata/chopped tomatoes.
- Basil (if not in passata).
- Olives (chopped if possible).
- Chorizo (optional)

Tools

- Deep Frying Pan.
- Pot.

Method

1. Bring water in pot to boil
2. Heat oil at low heat in a pan.
3. Cut and seed peppers, then sautee them.
4. Cut chicken thighs into small pieces, then sautee chicken.
5. Cut courgette into peices ($\frac{1}{2}$ then $\frac{1}{3}$).
6. Wash then quarter mushrooms.
7. When chicken is white on outside: add courgettes, olives, mushrooms, pasatta and chorizo.
8. Bring to boil and then simmer.
9. Add pasta to pot of boiling water.
10. Let it cook for 30 mins then serve.