

Chicken & veg pasta sauce (8-10 portions; 1½ hours)

For the prep

quite a lot of olive oil
3 frozen garlic blocks

800g chicken breast
salt to taste

2 large red onions
350-400g courgettes (~2 medium)
3 red or yellow peppers
400g cherry tomatoes

Put the oil and garlic blocks in a large pot so they start defrosting. Wash the courgettes, tomatoes and peppers and leave them to dry.

Trim the chicken, cut into small chunks, and mix in some salt. Peel and chop the onions.

Optional – trim the ends off the courgettes and de-sap the skin.

For the sauce

4 tsp paprika
2 tsp turmeric
1 tsp fresh ground black pepper

2 large (660g) jars bolognese sauce
1 stock pot or cube
4 tsp erbs de provence

Heat the pan on a medium heat, stirring frequently so the garlic doesn't burn. Once it's heated through, add the onion until softened, then add the spices and mix well.

Add the chicken and turn the heat up. Mix well and stir occasionally until the chicken is sealed.

While the onions and chicken are cooking, chop the peppers & courgettes into small chunks, and halve the tomatoes.

Add the sauce, stock, erbs, courgette, and peppers to the pan and mix well, adding a bit of hot water to loosen it. Heat through until it's simmering, then stir well again and add the cherry tomatoes.

Bring to the boil, then simmer for 20 minutes, topping up with water as needed.