

Petti di Pollo alla pizzaiola

Chicken Breasts with a rich tomato sauce

Serves 4

Ingredients

For the chicken

4 chicken breasts
2tbsp cake flour, seasoned with salt & pepper
Olive oil to fry

For the sauce

1 onion, diced
2 cloves garlic, minced
1 red bell pepper, stem and seeds removed and sliced julienne
1 green bell pepper, stem and seeds removed and sliced julienne
2 tablespoons freshly chopped parsley leaves
1 tablespoon freshly chopped basil leaves
2 teaspoon freshly chopped oregano leaves
1 can crushed tomatoes
30 gms capers
30 gms anchovy fillets
1 bay leaf
1 tablespoon olive oil

Method

For the Chicken:

Cut each chicken breast into 4 strips. Dust lightly with seasoned flour and cook in a pan until browned and just cooked through. Set aside.

For the sauce:

In the same pan as the chicken, heat the olive oil in a large saute pan and cook the onions, anchovies, garlic, and red and green peppers until the onions begin to turn translucent and the peppers begin to soften, being careful not to burn the garlic. Stir in the parsley, basil, and oregano. Add the crushed tomatoes and bay leaf. Over medium heat, bring the mixture to a boil, then reduce heat and allow to simmer for about 20 minutes.

To serve, place the chicken in a dish and then top with the hot pizzaiola sauce.

THE
COOKERY

by The Secret Jozi Chef

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