

# One pot chicken and peppers

Serves: 4

## Time

Preparation time 10 minutes

Cooking time 30 minutes

## Ingredients

- 2 teaspoons olive oil
- 4 chicken breast fillets, trimmed of all visible fat
- 1 red onion, peeled and sliced
- 1 red pepper, deseeded and chopped
- 1 yellow pepper, deseeded and chopped
- 2 teaspoons honey
- 2 teaspoons balsamic vinegar
- 1 pinch chilli flakes
- ½ low-salt chicken stock cube dissolved in 4 tablespoons of boiling water
- 400g tinned chopped tomatoes
- handful chopped fresh basil (1 teaspoon dried)

## To serve

- 225g uncooked basmati rice



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## Method

1. Heat half the oil in a large saucepan and seal the chicken fillets on both sides until golden, then remove to a plate while you make the sauce.
2. Use the same saucepan to heat the remaining oil and fry sliced onions and peppers for 5 minutes on a high heat, then add honey, balsamic vinegar, chilli flakes, chicken stock, chopped tomatoes, basil and cook for 5 minutes before returning the chicken to the sauce.
3. Reduce the temperature to the lowest setting, part cover with a lid and gently simmer for 15–20 minutes until the chicken is cooked and the sauce has thickened.
4. Serve with cooked basmati rice (cook according to packet instructions).