

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Italian Chicken Pasta



Food image courtesy of delish.com

Ingredients

- 2 large boneless skinless chicken breasts, chopped into 3cm pieces
- Salt to taste
- Freshly ground black pepper
- ½ cup flour
- 1-2 tablespoons extra-virgin olive oil
- 2 tablespoons butter
- 2 garlic cloves, minced
- ¼ cup dry white vinegar
- ½ cup chicken stock
- ½ cup squeezed lemon juice
- ½ finely grated parmesan cheese
- 250 gm spaghetti (boiled as per packet instructions)
- 2 tablespoons chopped parsley

Preparation Method

1. Light your *Envirofit SuperSaver Charcoal Jiko* using little charcoal.
2. Season chicken with salt and pepper, then coat the pieces in flour. Shake off excess flour.
3. Heat 1 tablespoon olive oil in large skillet over medium-high heat (by slightly closing the *SuperSaver* air regulator). Add chicken, working in batches and sauté until chicken is cooked through, about 8 to 10 minutes. Wipe the skillet clean between batches. Transfer chicken to a plate.
4. Reduce heat to low (by closing the *SuperSaver* air regulator) and add garlic and butter. Cook until fragrant. Add white vinegar, bring to a simmer and reduce slightly, about 1 minute. Add chicken stock and lemon juice. Bring to simmer and scrape the pan with the back of a wooden spoon to loosen the cooked chicken bits.
5. Add cooked spaghetti and grated parmesan cheese and toss until spaghetti is coated in sauce.
6. Garnish with parsley and serve immediately to your family and see them enjoy and want more!



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