

CHICKEN PIZZAIOLA WITH PASTA

2 persons / 516 kcal per person

Ingredients:

- 2 chicken thigh fillets
- 1 tablespoon of oil
- 400 grams of diced tomatoes
- 1 onion
- 2 cloves of garlic
- 1 teaspoon of oregano
- 40 grams of olives
- 30 grams of grated cheese
- 6 grams of flour
- 120 grams of pasta
- salt and pepper



Preparation:

Preheat the oven to 200 °C. Chop the onion, chop the garlic and cut the olives into pieces. Pour ½ tbsp oil into a frying pan. Sauté the onion and garlic for a few minutes and then add the diced tomatoes and herbs. Let the sauce simmer for at least 10 minutes so that the sauce reduces slightly. Season the chicken thigh fillets with salt and pepper and toss them briefly in the flour. Pour the rest of the oil into another pan and brown the chicken all around. It does not have to be overcooked on the inside. Pour the sauce into an oven dish and place the chicken fillets in the sauce. Divide a little bit of the sauce over the chicken breasts and spread the olives on top and finally sprinkle some grated cheese on top. Bake the pizzaiola chicken in the oven for about 15 minutes. In the meantime, you can cook the pasta. Serve the pasta with the sauce and chicken.

Nutritional value per person:

Energy:	516 kcal
Protein:	31.1 grams
Carbohydrates:	40.5 grams
- including sugars:	9.3 grams
Fat:	24.0 grams
Fiber:	4.8 grams
Salt:	2.9 grams