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Posted on 24 March 2016

*by Liz Robb*

## Chilli Chicken with Peppers



## Ingredients

3 large chicken breasts  
1-2 tablespoons of olive oil  
1 large onion  
2 fat cloves of garlic  
1 large red pepper  
1 large yellow pepper  
1 red chilli  
400g can of chopped tomatoes  
100ml chicken or vegetable stock  
400g can of mixed pulses in chilli sauce\*  
Half a teaspoon of chilli powder  
1 tablespoon of tomato puree  
Half a teaspoon of dried oregano  
A pinch of sugar  
Salt and freshly milled black pepper

<strong>

To serve:</strong>

Rice

Thick Greek yoghurt

Tortilla chips

Servings

4

Person

## Preparation

1 1.

2 Remove the skin from the chicken breasts and slice them into strips.

3 2.

4 Peel the onions and slice them finely. Peel the garlic. Deseed the peppers and slice them into long thin strips. Remove the seeds from the chilli and chop finely.

5 3.

- 6 Heat a tablespoon of oil in a large wok or deep frying pan and cook the onion gently for 5 minutes, until it is soft. Add the peppers, crushed garlic and chopped chilli and cook over a low heat for another 3-4 minutes. Tip it all onto a large plate and set to one side.
- 7 4.
- 8 In the same pan, adding just a few drops of oil, cook the chicken strips over a medium heat for a few minutes, turning to cook all sides, until they are lightly browned. Return the vegetables to the pan and mix with the chicken.
- 9 5.
- 10 Add the chopped tomatoes, gradually stir in the hot stock, and then add the mixed pulses in chilli sauce. \*This is what I use, because I like a mixture of different beans and extra chilli, but you could use just canned red beans or any other pulses that you prefer.
- 11 6.
- 12 Sprinkle in the chilli powder [to your taste], oregano and a pinch of sugar, add the tomato puree and then season with salt and plenty of black pepper. Bring to a simmer and cook for about 20 minutes, stirring occasionally, making sure that the chicken is completely cooked through.
- 13 7.
- 14 Meanwhile, cook the rice according to the instructions on the packet.
- 15 Serve with a portion of rice, a handful of tortilla chips and a generous spoonful of thick Greek yogurt.
- 16 Alternatively, replace the rice with a few slices of garlic bread.

## **Cooks Note**

This is a great tasty supper dish to share with friends or family, quickly made from easily available ingredients.

Chilli made with chicken is lighter than the usual chilli made with minced beef or lamb, except for the tortilla chips that go with it of course!

Serves 4

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