

CREAMY CHICKEN ALL'ARRABBIATA

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COOK TIME: 25mins

SERVES: 4

CALORIES: 441 kcal (PER SERVING)

INGREDIENTS

250 g (8.8 oz) penne

400 g (14 oz) boneless skinless chicken breast,
cut into bite size chunks

150 g (5.3 oz) cherry tomatoes

400 ml (1 3/4 cups) tomato puree

100 ml (1/2 cup) cream 20% fat

50 ml (1/4 cup) chicken broth

1-2 tsp sambal oelek, more or less to taste

1 shallot, finely chopped

4 garlic cloves, minced

2 tbsp olive oil

2 tbsp tomato paste

50 g (1.8 oz) grated Parmesan, more for serving

2 tbsp chopped parsley

*SEASONING

1 tsp each: salt, black pepper, red pepper flakes,
sweet paprika, dried oregano, dried sage

DIRECTIONS

Cook penne in a large pot of generously salted boiling water, until al dente. Drain, reserving 1/4 cup cooking water.

Heat oil in a large non-stick skillet over medium-high heat. Add the chicken, cook until the chicken starts to brown, about 5 minutes. Add the onion and garlic, cook for 2 minutes until it softens. Stir in the seasoning and cook for another 30 seconds until aromatic.

Deglaze with chicken broth, and scrape the bottom with a wooden spoon to release the brown bits. Add tomato paste and sambal, stir to combine and cook for 1 minute or until it starts to darken. Add cherry tomatoes, cook for 2 minutes. Add tomato puree, bring to a boil and simmer for 5 minutes. Stir in cream, parmesan and parsley, cook for 1 minute.

If the sauce looks too dry, add a splash of the pasta cooking water. Taste and adjust salt.
Toss with penne, stir to coat.

Divide pasta among bowls, top with parmesan, a sprinkle of red pepper flakes and extra black pepper. Enjoy!

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