

Spaghetti with Tomatoes & Fried Chicken



Serves 2 Prep 15 mins

Cooking 1h

Easy

Ingredients

For the pasta sauce

2-3 tbsp olive oil
1 onion, finely chopped
1 sprig of rosemary
2-3 bay leaves
500g skinned, ripe, fresh tomatoes, chopped or
1 tin chopped tomatoes
1 tsp sugar
salt & pepper

For the fried chicken

200g chicken breast
3 tbsp plain flour
1 egg, beaten
100g white breadcrumbs
2-3 sprigs thyme
2 tbsp light oil
100g spaghetti
knob of butter
salt

1. Put a heavy-based pan over a medium heat. Add the olive oil, followed by the onions and herbs. Season and cook gently, stirring occasionally for 8 -10 mins. Add the chopped tomatoes, sugar and a good splash of water. Put a lid on the pan and simmer for 35-40 mins. The tomatoes should be breaking down and tender. Remove the lid and cook for a further 8-10 mins to thicken the sauce. Taste and adjust the seasoning and keep warm.
2. While the sauce is cooking, prepare the chicken. If you have one breast, slice it in half as evenly as you can across its face, giving you two much thinner, similar-sized pieces. You can tap them out using a rolling pin to get them nice and thin. Season and toss them in the flour, then dip in the egg and cover liberally with the breadcrumbs.
3. Heat a heavy-based frying pan over a medium heat, add the light oil and when hot, add the breaded chicken and the thyme. Fry for 6-8 mins on each side or until the chicken is cooked through and the crumb is crisp and golden.
4. Cook the spaghetti in a large pan of salted water until done to your liking. Drain, then return to the pan. Add the tomato sauce and the butter.
5. Serve the spaghetti alongside the chicken with some grated parmesan and perhaps a crisp green salad.