

Chicken and sun-dried tomatoes

Powerful flavours of fennel and tomato add interest to the pasta in this English¹ chicken dish.

Recipe inspired by many internet recipes, melded with **Fairtrade** ingredients. The quantities below make four serving portions.

Ingredients

50 g sun-dried tomatoes
100 ml **FAIRTRADE** white wine
120 g **FAIRTRADE** penne pasta
30 ml Zaytoun **FAIRTRADE** olive oil
1 medium onion
1 medium carrot
2 cloves garlic
15 g plain flour
big pinch dried basil or mixed herbs
big pinch salt
big pinch **FAIRTRADE** ground black pepper
400 g diced boneless chicken legs
10 g fennel seeds
to serve Parmesan cheese

Method

Preparation and cooking

Cut the sun-dried tomatoes into quarters and put them in a ramekin. Add the wine and leave them to soften.

Cook the pasta in boiling water until toothsome, drain, and keep warm in a mixing bowl with a swirl of **Fairtrade** Olive Oil to prevent sticking.

Skin and chop the onion.

Peel and julienne the carrot.

Skin the garlic.

Gently fry the onions and carrots in frying oil (use a wok) until the onions are going translucent.

Mix the flour herbs salt and pepper and coat the cubed chicken with this mixture.

Crush the garlic and add to the pan and fry (gently) until the garlic releases its aroma.

Add the cubed chicken

Add the fennel seeds

Continue to fry until the chicken is lightly browned and cooked through.

Add the sundried tomatoes with their wine marinade.

Gently heat through until near to simmering.

Check the taste and add salt and pepper if necessary.

Add a little more wine if you think the dish is too dry.

Add the chicken and vegetables to the warm pasta and turn to mix.

Assembly

Grate in a little Parmesan and turn to coat and mix. Turn the chicken and pasta out into a serving dish. Decorate with a sprig of fresh herbs.

Serve

Serve hot with a green vegetable or with a side salad, and with extra Parmesan for grating.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>