



Chicken and bacon in smoky tomato sauce

Chicken and bacon in smoky tomato sauce is rich, flavoursome, healthy and super easy to prepare. The smoky tomato sauce is the result of adding smoked paprika, saffron strands and smoky bacon. Earthy flavours are added with a pinch of chilli flakes, red and yellow peppers and Chantenay carrots, while a fragrant lift is created by the addition of green cardamom pods.

Ingredients:

4 chicken breasts	1 tbsp smoked paprika
4 slices smoked bacon	4 green cardamom pods, bruised
400g tin chopped tomatoes	1 yellow pepper, sliced into 4 strips
2 red onions, sliced in rounds	1 red pepper, chopped chunky
2 cloves of garlic, chopped chunky	4 handfuls Chantenay carrots, washed
1" piece freshly grated ginger	Salt and black pepper to taste
Pinch chilli flakes	

If baking in the oven:

Preheat the oven to 180°C/350°F/ Gas 4.

Line a large baking tray with parchment. Scatter the onion slices and garlic across the bottom of the tray. Add the tomatoes and spices then place the chicken breasts on top with a slice of bacon over the top of each chicken breast. Lay the yellow pepper slices and Chantenay carrots in between each chicken breast so they are well covered by the smoky tomato sauce.

Cover with foil and bake for 40 minutes. Remove the foil and continue baking for a further 10 minutes. This will help to reduce any fluid that comes out of the chicken breasts and leave you with a deliciously thick and smoky tomato sauce.

If cooking in the slow cooker:

Combine the tomatoes, spices, onion and garlic and place in the bottom of the slow cooker. Add the Chantenay carrots, red peppers next, then layer the chicken breasts, topped with bacon slices, topped with a slice of yellow pepper each and cover with the lid.

Cook on a high setting for approximately 5 hours. If the chicken breasts have released fluid, you may need to make a roux and add it to the sauce to thicken it a little.

To make the roux melt 2oz butter in a pan and add a tbsp plain flour. Combine well and cook on a medium heat for approximately 2 minutes. Add to the smoky tomato sauce and combine well. The sauce will begin to thicken almost immediately. Continue gently stirring for approximately one minute then serve up with your favourite vegetables or a crunchy side salad. Add salt and pepper to taste.

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