

Aunty Wendy's recipes



Chicken and red pepper pasta sauce.

Serves 4

- 4 Chicken breasts, cut into chunks.
- 2 large red peppers, chopped
- 150g sundried tomatoes, chopped.
- 2 onions, chopped.
- Juice of one lemon.
- 2 tablespoons (30ml) paprika.
- Half teaspoon cayenne pepper.
- Fresh tarragon.
- 3 cloves garlic, crushed.
- 300ml double cream

Mix the lemon juice with the paprika, cayenne, garlic and tarragon. Add the chicken and marinade for at least one hour.

Cook the onion with the pepper until softened.

Add the tomatoes and the cream, thicken slightly.

Add the chicken and cook for about 10-15 minutes.

Serve with pasta.

(Thank you David XX)