

SUNBLEST ONE-POT SUNDRIED TOMATO & OLIVE CHICKEN RECIPE CARD

INGREDIENTS:

50–60 people

4 kg Sunblest Macaroni, or Spaghetti, broken into pieces

20 whole chicken breasts, 4.5–5 kg total, cubed

10 tbsp Italian spice mix, 150 g

30 garlic cloves, minced

Zest of 10 lemons and juice

600 ml olive oil

1 kg sundried tomatoes, chopped

800 g Kalamata olives, sliced

40 fresh tomatoes, chopped, 4 kg

10 green chillies, finely chopped, adjust heat

6 litres chicken stock

1 kg rocket, optional, added at the end

METHOD:

- 1. Marinate chicken: Marinate chicken with garlic, spices, chilli, lemon zest and juice, a little oil, salt, and pepper for 1–2 hours.**
- 2. Heat oil: Heat oil in a large tilt pan or stock pot.**
- 3. Toast macaroni: Lightly toast macaroni pieces until pale golden.**
- 4. Cook chicken: Add chicken and cook until sealed and lightly coloured.**
- 5. Add sundried tomatoes and olives: Add sundried tomatoes and olives and cook for 2–3 minutes.**
- 6. Add tomatoes and stock: Stir in fresh tomatoes and chicken stock.**
- 7. Simmer: Simmer for 12–15 minutes, stirring to prevent sticking.**
- 8. Finish with rocket: Fold in rocket just before serving.**