

Tomato and feta pasta with chicken

Ingredients:

- Boiled macaroni
- Steamed spinach

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Roasted tomatoes with feta

- 2 tomatoes cut into chunks
- Olive oil
- 1/2 tsp Chilli flakes
- 1/4 tsp Paprika
- 1/4 tsp Cayenne pepper
- 1 tsp Coarse black pepper
- Salt
- 3 clove garlic
- 1 block Feta

Method:

- Grill on high for +-15mins(keep checking to ensure it isn't burning)
- Remove and mix well

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Chicken

- Marinate 2 pieces chicken fillet strips in the following spices and marinate for 1 hour.
- 1 tsp chilli lemon
- 1 tsp chilli flakes
- 1/2tsp Harissa sauce
- 1/2 tsp Calistos herb and garlic paste

- 1 tsp Smoked paprika
- 2 Tblsp Lemon juice
- 1 /2 tsp Mexican spice
- 1 cup sliced mushroom
- 1/4 Cubed red onion
- 1 tablespoon garlic

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- Heat oil in a pan, add chopped red onion and garlic sautee for 5mins then add chicken with mushroom. Cook till done. Remove chicken and mushroom from the pan.
- Leave aside the sauce from chicken as you will use it in the Pasta sauce

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Pasta Sauce

- 1/4 cup Pasta water
- Left over sauce from chicken
- 1 tsp garlic ,
- 1/2 tsp paprika,
- 1/4 tsp Harissa sauce
- 1/2 tsp chilli flakes
- 1 tablespoon Maggie chilli sauce
- 1 tablespoon jojos garlic sauce
- 1 tablespoon nandos lemon herb
- +- 1/4 cup milk
- salt to taste
- 1/4 tsp black Pepper powder
- 2 tablespoon lemon juice
- 1 tablespoon tomato paste
- 1 tablespoon tomato sauce
- 1/2 chopped chillie
- 1tsp chakalaka sauce mixed with boiling water.

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Method:

- In a pot, add olive oil , garlic and all the above spices only. Braise for few mins then add the balance of the ingredients. Simmer till sauce thicken.
- Add your macaroni and chicken to a pyrex and mix. Mix the grilled tomato and feta and add into the macaroni. Pour half the sauce and mix till it is well combined. Before serving pour the remainder of the sauce and top with steamed spinach.