

# HI GOOD LOOKING It's time to get cooking



## Pasta with Sweet chilli, honey Soy Chicken in Neapolitan Sauce

### INGREDIENTS

1 Tablespoon fish sauce  
1/4 Cup honey  
1/4 Cup soy sauce  
2 Teaspoons sesame oil  
Juice of 1 lime  
1 Clove garlic crushed  
1-2 Chillies chopped  
1 Teaspoon crushed ginger  
8 Fresh chicken thigh fillets  
Bunch of fresh coriander, leaves picked

### PASTA SAUCE INGREDIENTS

1 1/2 Tablespoons olive oil  
2 Garlic cloves, finely sliced  
1/2 Teaspoon red chilli flakes  
1 Brown onion finely chopped  
2 Sprigs of fresh thyme  
2 Tins crushed tomatoes + 1 tin of water  
Sprinkling of dried oregano  
Small handful basil leaves  
Sprinkling of sugar  
Salt and pepper

### METHOD

1. Heat the oil in a deep fry-pan over medium heat.
2. Add onion, cook for a minute or until onion is translucent, now add chopped garlic and all the herbs.
3. Stir well, cook for a minute or so. Add crushed tomatoes and a sprinkling of sugar. Add 1 can of crushed tomatoes and a tin of water.
4. Add salt and pepper to taste.
5. Cook slowly and stir about 15 minutes. Or until thick and aromatic.
6. Pre-heat the oven to 200°C and line a baking tray with banking paper (for easy cleaning).
7. Combine the soy, fish, honey, sesame oil, lime juice, garlic, ginger and chilli in a bowl and whisk together. Place the chicken in the baking dish and pour over the sauce. Make sure each piece of chicken is well coated.
8. Place in the oven and allow to bake for 20-30 minutes until the chicken is caramelised and sticky and cooked through.
9. Remove from the oven, break up the pieces into bite size portions, sprinkle with sesame seeds set aside. Cook pasta according to packet directions.
10. Once pasta is cooked and drained, dress it with pasta sauce, top each bowl with the wonderful flavours of the honey soy chicken pieces and lots of coriander

