

Smoked Paprika Marinated Chicken with Angel Hair Pasta Stir Fry.

Chicken marinade recipe

This lovely recipe adds a depth of flavour that can be used not only on chicken but on pork and even duck. The more you use marinades the more of your personal touch you can add to it.

4 breasts of chicken

Teaspoon of smoked paprika powder

Teaspoon ground cumin

Pinch of ground cinnamon salt black pepper and dried oregano

5g of the following Coriander seeds, Mustards seeds fennel seeds caraway seeds and ground in pestle and mortar

Double espresso

3 splashes of Worcestershire sauce

100g coconut oil

Mix all dry ingredients and add in wet ingredients and rub onto chicken and cover and allow to marinade for a 2-4 hours

Fry the chicken in a pan hot, seal the chicken and cook over a medium heat turning once to ensure an even colour

This takes about 20 mins

Assembling the dish

Serve the stir-fry in a bowl with sliced chicken on the side

Sprinkle with some of the juices from the chicken left on the pan and Garnish with fresh coriander

Stir fry angel hair pasta

This pasta is a lighter option to drum wheat pastas but equality as tasty. Stir fries are quick and easy to prepare with this recipe no excuses!

Ingredients

4 broccoli florets (blanched)

1 clove garlic

Soy sauce

1 yellow pepper

½ courgette

Bean sprouts

½ red onion

Vegetable oil

400g of angel hair pasta (100g per person cook pasta in a large saucepan in boiling salted water)

Sesame oil

25g fresh ginger ½ red chilli

Fresh coriander

Makes 4 portions

Method:

Slice all ingredients in equal sizes so they cook together.

Heat vegetable oil in a pan and add garlic and onion first then add ginger and chilli

Add rest of vegetables until cooked tossing regularly

Add in drained pasta and season with soy sauce and sesame oil

Serve in a bowl with picked coriander and sliced chicken