



Gasmate

CHICKEN CACCIATORE



Camping
Stove

This one pot meal is easy and versatile. Throw in any vegetables you have in the fridge to make it extra nutritious with minimal washing up!

Serves: 4-6 people
Prep Time: 65 Minutes

Directions:

1. Heat a large deep fry pan on medium heat with olive oil.
2. Add sliced red onion, finely chopped garlic and capsicum in fry pan. Sauté for a few minutes until just translucent.
3. Remove onion, garlic and capsicum from fry pan and set aside. Salt chicken and add to fry pan and brown on all sides. Remove chicken from fry pan and set aside.
4. Add onion, garlic and capsicum mix into fry pan and tinned tomatoes, tomato paste, olives, mixed herbs and ½ cup of water. Stir, scraping the bottom of the fry pan. Add sugar, salt and pepper to taste.
5. Bring to simmer and add chicken back into fry pan and any juice. Ensure chicken is submerged in sauce. Cover with foil (shiny side down) or saucepan lid.
6. Simmer for approx 40 minutes or until cooked through. Stirring every 10 minutes to ensure the bottom doesn't burn and chicken is cooked evenly.
7. Once cooked, remove chicken and sauce from fry pan into serving bowl.
8. Add 3 cups of boiling water to the fry pan and bring to boil. Add salt to taste and pasta. It doesn't matter if the water has residual sauce in it.
9. Once pasta is cooked, serve it onto dinner plates with chicken and sauce on top.

Tips & Serving Suggestions:

- Any vegetables can be added i.e. carrots, mushrooms, zucchini, spinach. Harder vegetables should be added with onion and capsicum. Softer vegetables when sauce with chicken is simmering.
- For a cheaper meal use only drumsticks – approx 10-12.
- Macaroni pasta can be substituted for any pasta, rice or couscous.

2	Garlic cloves (finely chopped) or substitute garlic paste
1 large	Red onion finely sliced
2	Tablespoons of olive oil
2 x 400g	Diced tinned tomatoes
2 tbsp	Tomato paste
1 tsp	Sugar
1 tbsp	Mixed herbs
1 large	Red or yellow capsicum
4	Chicken Maryland cut into 4 drumsticks/4 thighs
1 tbsp	Salt and pepper to taste
2 cups	Macaroni pasta
3½ cup	Boiling water

THE OUTDOORS MADE EASY.