

Healthy Harvest® Pasta Sauce Rustic Chicken Braise with Olive & Orange

Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 6



Shake up your weeknight supper repertoire with this simple yet delicious braise that features tangy olives offset by sweet orange. Leftovers make a great lunch the next day too!

Ingredients

1 jar (570 mL)	Healthy Harvest® Pasta Sauce Olive and Basil
1 tbsp (15 mL)	canola oil or olive oil
12	boneless, skinless chicken thighs
1/2 tsp each (2 mL)	sea salt and freshly ground black pepper
2	medium carrots, peeled and sliced
1 each	onion and red pepper, thinly sliced
1	large navel orange, zested and juiced
2 tsp (10 mL)	Louisiana-style hot pepper sauce
	Chopped fresh basil leaves (optional)
1 pkg	Extra broad noodles

Instructions

1. Heat oil in a large, nonstick skillet set over medium-high heat. Season chicken evenly with salt and pepper; brown, in batches, and transfer to a plate.
 2. Add carrots, onion and red pepper to the skillet. Stir-fry for 5 minutes or until lightly browned. Stir pasta sauce and orange juice into the skillet. Nestle in chicken and cover skillet.
 3. Simmer, turning chicken once, for 12 minutes or until cooked through. Transfer chicken to a platter. Stir 2 tsp orange zest and hot sauce into sauce; spoon over chicken. Serve over hot, cooked noodles. Sprinkle with basil (if using).
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Tip: Serve with a steamed green vegetable to complete this nutritious meal.

Nutritional Information per serving (2 thighs with sauce):

252 calories, 11 g fat, 2 g saturated fat, 77 mg cholesterol, 771 mg sodium, 17 g carbohydrates, 3 g fibre, 22 g protein.
Excellent source of vitamin C and zinc. Good source of vitamin A, riboflavin and niacin.



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