

# italian chicken, bacon and tomato pasta

by Iain Lister

## what you will need

2 large red onions, finely chopped  
 8 rashers of back bacon, chopped into 1 inch pieces  
 2 chicken breasts, sliced  
 2 tins of chopped tomatoes  
 2 teaspoons mixed herbs  
 ½ teaspoon paprika  
 4 tablespoons water  
 Pasta (200g)

**Serves 4**

**Preparation time = 10mins**

**Cooking time = 40mins**

**Cost per serving =  
 less than £2**

**5 a day portions = 1**

## get cooking

Frying the bacon pieces and onion until just start to go golden brown (you do not need to add any oil as the fat from the bacon is enough).

Add the chicken, herbs and 2 tablespoons of water and stir until the chicken is cooked. Add tomatoes and 2 tablespoons of water and gently bring to the boil for a few minutes. Turn down the heat and simmer until thickened. This takes about 15 minutes.

Cook the pasta, drain and then serve with the chicken and bacon.

## alternatives

Use turkey breast instead of chicken.

To cut the cost use chicken or bacon instead of both.

Vegetarian option - replace chicken and bacon for a can of butter or cannellini beans.

## top tips

Add peas or sweet corn to increase the vegetables in the meal and make it more colourful.

No extra salt is needed as the bacon provides enough salt to make it tasty.



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