



Serve up a slice of Seville with this delicious Spanish chicken dish. It's so versatile and can be enjoyed hot or cold. Sensationally low-Syn and packed full of sunshine.

### Information

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 25 minutes

**Syns per serving:**

Original: **FREE**

Extra Easy: **FREE**

### Ingredients

8 x 150g chicken breasts  
 Low calorie cooking spray  
 1 onion  
 3 garlic cloves  
 1 red and 1 yellow pepper  
 400g can chopped tomatoes with herbs  
 150ml beef stock  
 1 tbsp sweet paprika  
 Salt and freshly ground black pepper  
 2 tbsp freshly chopped parsley  
 1 cos lettuce  
 Juice of 1 lemon

### Method

1. Cut the chicken into strips, place on a griddle pan sprayed with low calorie cooking spray and fry for 2-3 minutes on each side until sealed.
2. Slice the onion, crush the garlic and deseed and slice the peppers. Place in a pan with the tomatoes and bring to the boil. Add the stock, paprika, seasoning, parsley, chicken strips and olives if desired (1 Syn per 8 olives on all choices) and simmer for 10-15 minutes until the chicken is cooked through.
3. Meanwhile, wash the lettuce, tear the leaves into large pieces, toss in the lemon juice and season to taste. Add some chopped anchovies if desired (½ Syn per 25g on Original, 3 Syns on Green). Serve the Spanish chicken with the salad.

**Tip:** The chicken tastes great served cold the following day with a large mixed salad. Or, if you prefer it hot, simply reheat in a microwave.

When cooked this dish can be frozen for up to 1 month.