

Chicken and Nopalito in Tomato Sauce



Serves: 4

Preparation time: 45 min

*Recipe developed by Yo-Chai Huang
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 100 g nopalitos
- 30 ml olive oil
- 50 g onion, diced
- 1 garlic clove, minced
- 50 g bacon (diced)
- 1 tin whole peeled tomatoes in tomato juice
- 3 ml dried basil
- 3 ml dried oregano
- 1ml dried thyme
- 1 bay leaf
- 3 ml dried parsley
- 20 ml white sugar
- 5 ml salt
- 50 ml Greek yoghurt
- 4 chicken breasts
- salt and pepper to taste
- 20 ml olive oil

METHOD:

- Clean, remove the glochids and slice the nopalitos into thin strips.
- Pour 15 ml of the oil into a stockpot heated over medium heat.
- Add the diced onion, sauté for 6-8 minutes until the onions are translucent and tender.
- Add the minced garlic, sauté for 1 minute.
- Add the diced bacon and fry for 3 minutes.
- Add the tinned tomatoes, dried basil, dried oregano, dried thyme, bay leaf, dried parsley, sugar and salt into the stockpot, reduce the heat and allow the mixture to simmer for 10 minutes.
- Add the nopalitos, and simmer together for another 10 minutes. Remove from the heat.
- For a creamier and tangier sauce, add the Greek yoghurt and stir through.
- Season the chicken breasts with salt and pepper. Heat the rest of the oil in a frying pan and fry the chicken in the hot oil until golden brown and cooked through.
- 10. Plate chicken breast and top with the nopalito in tomato sauce (over pasta or rice, optional).