

"One pot" protinella noodle chicken



*Up to 30
min.*



Simple



Zubereitung

1. Heat two tablespoons of tomato oil in a pan and fry the meat and tomato pieces until golden brown. Remove from the pan.
2. Pour the yoghurt and a litre of hot water into the pan and season with salt, chilli flakes and oregano. Bring to the boil, add the uncooked pasta and simmer over a medium heat for approx. 10 - 12 minutes.
3. Dice the **GOLDSTEIG Protinella** and stir into the pasta together with the chicken, tomatoes and chopped parsley at the end of the cooking time. Continue to simmer until the pasta is al dente.

Zutaten

Serves 4:

- 500 g chicken fillets, cut into pieces
- 1 jar of chopped dried tomatoes in oil, drain and reserve the oil
- 1/2 tsp dried chilli flakes
- 200 g natural yoghurt
- 1 tsp dried oregano
- 400 g pasta of your choice
- 1 packet GOLDSTEIG Protinella ball
- finely chopped parsley, pepper and salt

