



RECIPE | TOMATOES



TOMATO CHICKEN SCAMPI



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Recipe created by *Megan Hutson*



INGREDIENTS

1 dry pint Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
3 Pure Flavor® Sweet Bell Peppers in Red, Yellow & Orange, diced
1½ lbs chicken breast tenderloin
1 package gluten free spaghetti, cooked
2 cups chicken broth
½ cup tapioca flour, set aside 1 tbsp
1 red onion, diced
juice of **1** lemon
4 tbsp olive oil

3 tsp garlic, minced
1 tsp salt
1 tsp Italian seasoning
½ tsp paprika
chili flakes, optional

DIRECTIONS

- 1** In a wide mouth bowl, mix together tapioca flour, salt, Italian seasoning and paprika. Heat 3 tablespoons of olive oil in a skillet over medium heat. Dredge chicken in the flour mixture and put into hot skillet. Brown the chicken 3 minutes on each side until the chicken is cooked through. Remove chicken from skillet and set aside.
- 2** Add the remaining olive oil to the skillet and return to the stove. Add garlic, onion and bell peppers. Cook for 2-3 minutes. Add in the chicken broth and lemon juice to deglaze the pan and allow to reduce for 4-5 minutes. Add in tomatoes and 1 tablespoon of tapioca flour.
- 3** Allow sauce to thicken for 1-2 minutes.
Combine sauce with pasta, cut up chicken and mix together. Add chili flakes if desired.



20 min

5 min
PREP.

15 min
COOKING



4



easy