

## Strictly Suppers # 8 - Tango Chicken Full

This is my take on Slimming World's Classic Fanta Chicken, sadly this is not a particularly healthy version though so watch the calories if you're on a diet.




### Ingredients

- 2 Chicken Breasts
- 1 Onion
- 3 Roasted Red Peppers from a Jar
- 330ml Tango
- 1 Cup of Passata
- 150ml Chicken Stock
- 3 Tsp Cider/White Wine Vinegar
- Glug of Olive Oil/Vegetable Oil
- Salt and Pepper






### Also Needed

- Saucepan
- Knife
- Wooden Spoon
- Measuring Spoons



### Method:

1	Chop the onions finely and set them aside.	
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<b>2</b>	Dice the red peppers into a small dice and set aside for later	
<b>3</b>	Cut the chicken in to small chunks. Try and keep them fairly small as they'll cook quicker.	
<b>4</b>	Fry the onions on a medium heat for five minutes or until they start to soften.	
<b>5</b>	Stir in the peppers and allow them to get to know the onions.	
<b>6</b>	Prepare the Chicken Stock; I used one stock cube for 150ml of water, stronger than I would normally make it.	

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<b>7</b>	Add the chicken and cook until it's just started to brown. Stir occasionally to ensure it doesn't stick. You don't want to cook it all the way through at this point.	
<b>8</b>	Add the Passata and stock into the saucepan and stir thoroughly allowing all the ingredients and flavours to mix. Allow this to cook for a few minutes.	
<b>9</b>	Next add the tango and stir thoroughly, allow all the ingredients to mix and all the flavours to meld together.	
<b>10</b>	Add the vinegar and stir thoroughly. Leave to simmer for 15-20 minutes or until the sauce has thickened to your liking.	

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You can serve this with boiled rice, mashed potatoes, jacket potatoes or like I did... homemade chips!

