

Marinara Spaghetti



This quick and easy spaghetti Marinara makes a flavourful tomato sauce that's bursting with Italian flavour and cooks in just 40 mins! Serve this easy meal with a warm loaf of Garlic Bread for the perfect Italian meal everyone will love!

Key facts:

- Prep Time: 4 hours
- Cooking Time: 30 mins
- Total Time: 4hrs 30 mins

Ingredients A

- Onion 4-5cloves chopped
- Garlic 1/2 pcs chopped
- Olive oil 1/4 cup

Ingredients B

- Tomato 1pcs chopped

Ingredients C

- Italian seasoning 1 tablespoon
- bay leaves 3-4pcs
- Tomato paste 100g
- Tomato sauce 20g
- Black pepper 1 pinch
- Salt 1 pinch

Ingredients D

- Barbeque seasoning tsp
- Soy sauce 1tablespoon
- Italian seasoning 1tsp
- Chicken breast 1 pcs

Method:

1. Saute garlic and onion oil about 2 minutes. Add in ingredients B and cook until soft. Add in ingredients C, cook over medium low heat until the sauce thickens.
2. For Pan fried chicken breast, combine all ingredients D in a bowl or freezer bag. Add chicken and toss well to combine.
3. Marinade for 30 minutes (or up to 4 hours) before cooking chicken.
4. Heat up vegetable oil in a large skillet. When oil is hot, add chicken breasts to the pan.
5. Cook chicken breast for 5 to 7 minutes without moving them around.
6. Flip the chicken breasts over, add a tablespoon of butter to the skillet, and continue to cook for 7 minutes more. Cooking time will always depend on the thickness of the chicken breasts.
7. When finished, transfer chicken breasts to a cutting board, let rest for 5 minutes, then slice and serve.