

MEAT PROTEIN



CHICKEN COSTA BRAVA

Servings: 10

Ingredients

- 10 skinless, boneless chicken breasts, cut into 1-inch cubes
- 1 teaspoon Spanish paprika
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 tablespoon vegetable oil
- 2 cups onions, julienned
- 1 cup red bell pepper, julienned
- 1 cup green bell pepper, julienned
- 2 cups pineapple, diced
- 1 tablespoon garlic, chopped
- 16 ounces canned tomatoes, diced
- 2 cups black olives
- 2 tablespoons water
- 2 tablespoons cornstarch

Directions

In a mixing bowl, add the chicken, Spanish paprika, ground cinnamon, cumin salt and pepper. Mix to combine; cover and let sit refrigerated for 24 hours.

Heat the oil in a skillet over medium-high heat. Add the chicken and cook until the internal temperature reaches 165 F.

Add the onions to the skillet; cook for 4 minutes.

Add the red and green bell pepper, pineapple and garlic; let cook for 5 minutes. Add the canned diced tomatoes and olives. Bring to a simmer and let cook for 10 minutes. In a separate bowl, mix the water with the cornstarch until combined. Slowly add the cornstarch mixture to the skillet. Let cook until thickened, 5 to 6 minutes. Remove from the heat.

Keep hot until ready to serve.

Serve with steamed rice and sautéed green beans.



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