



mixed tortellini and bell pepper chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

1 package of tortellinis
1 lb boneless chicken thighs
1 bell pepper
1 roma tomato
1 bunch of basil
3/4 cup of olive oil
2 tablespoon of sugar
1 tablespoon of vinegar
3 teaspoon of garlic
1 teaspoon of red pepper flakes
1 teaspoon of sesame oil
salt
pepper
water for boiling

Instructions

boil tortellini according to instructions

cut the chicken thighs into 1 inch cubes, to match the size of the tortellinis, season with salt and pepper

chop and dice the bell pepper and tomato in uniform size, set aside

roll the basil leafs and cut into strips (chiffonade)

heat large pan on medium high, add olive oil

sautee the garlic for a minute

add the sugar, red pepper flakes, vinegar and sesame oil then stir

add the chicken and cook it until it is semi done, spoon the oil over the top of the chickens to help this process.

when the chicken is just about cooked, add the bell peppers and tomatoes then fold it over to mix but don't over do it. lower the heat and cook just until the veggies are starting to soften, about 5 minutes

remove from heat.

place tortellinis in a large mixing bowl and pour the chicken mixture and basil strips over it. mix until the tortellinis are well coated

garnish with remaining basil leaves.

optional

leave out the pepper flakes if you can't stand too much heat, or just add when the dish is finished.
