JANE SMITH LIFESTYLE

Chicken Arrabbiata

Prep: 10 min | Cook: 30 min | Serves: 4



It tastes like it simmered all day, but it's really ready in about forty minutes. Seared chicken goes over penne in a simple, spicy arrabbiata sauce.

Ingredients

- 4 boneless chicken breasts
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 (28 oz) can crushed tomatoes
- 1 tsp red pepper flakes
- 1/4 cup fresh basil, chopped
- 12 oz penne pasta
- 1/4 cup grated parmesan
- Salt and pepper to taste

Directions

1. Season chicken with salt and pepper. Heat olive oil in a skillet over medium-high heat and sear chicken 5–6 minutes per side until cooked through. Remove and slice.
2. Cook penne in salted boiling water until al dente; drain.
3. In the same skillet, sauté garlic and red pepper flakes 1 minute, then add crushed tomatoes and simmer 10–12 minutes.
4. Stir in basil, then toss the sauce with the cooked pasta.
5. Top with sliced chicken and parmesan before serving.

Jane's Note

Let the sauce simmer a full ten to twelve minutes so the flavors have time to deepen — a quick five-minute simmer tastes noticeably less developed.

This is a wonderful one for a family dinner because it feels like a proper Italian meal without requiring hours at the stove.

Storage: Refrigerate in an airtight container for 3–4 days; reheat gently.

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