

## 9. Basta-Pasta Chicoree

### Basic ingredients

100 g Pasta

2 tablespoons oil

Nutritional  
Information (per  
serving): approx. 750  
Kcal

### Variables

#### Fresh

50 g chicken strips  
100 g chicory  
1 small orange

#### Spice

salt and pepper

#### Optional

thyme



1.

Wash the chicken strips, pat dry and fry in heated oil over medium heat for approx. 6-8 minutes. Wash and trim the chicory, cut in half, remove the stalk, cut the chicory into strips 1-2 cm wide and fry in the remaining fat from the chicken for about 3 minutes.

3.

Cook pasta in lightly salted boiling water. Give the chicken back to the chicory, heat up briefly, refine with thyme and pepper, season with salt if necessary.

4.

Arrange the pasta with the chicken strips on plates and serve.

2.

Rinse the orange in hot water, pat dry, grate some peel, halve the orange and squeeze out the juice. Add the orange zest and juice to the chicory and simmer uncovered for about 5 minutes.