



Photo credit: Little Sunny Kitchen

# Rasta Pasta

## INGREDIENTS

- 500g penne pasta
- 3 boneless skinless chicken breasts (about 700g)
- 2 tbsp. jerk seasoning, divided
- Kosher salt
- 2 tbsp. extra-virgin olive oil, divided
- 1 green capsicum, sliced
- 1 red capsicum, sliced
- 1 orange capsicum, sliced
- 1/3 cup sliced green onions, plus more for garnish
- 3 cloves garlic, minced
- 1/2 cup salt-reduced chicken broth
- 3/4 cup heavy cream
- 1/2 c. freshly grated Parmesan, plus more for garnish

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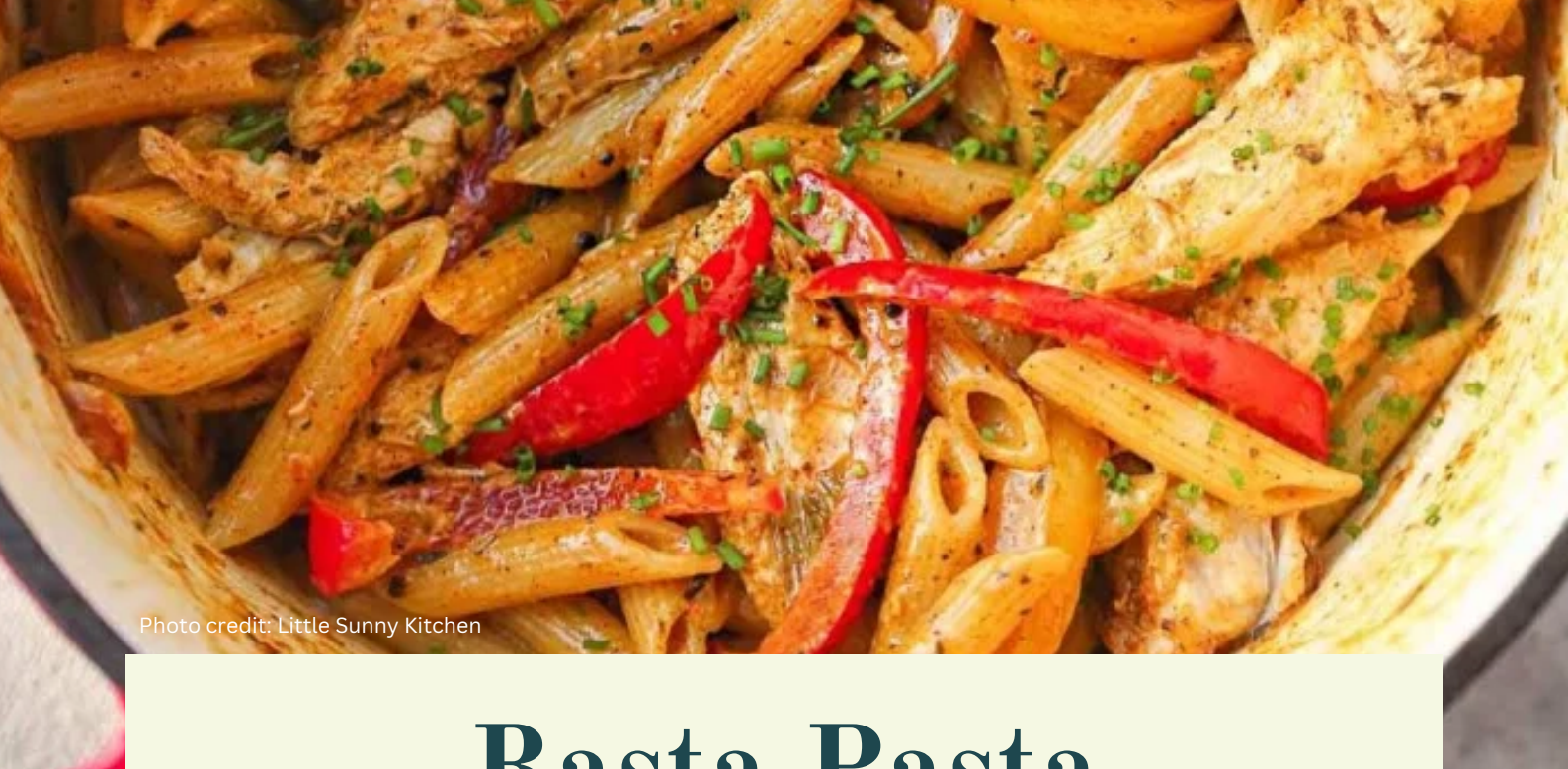


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# Rasta Pasta

## METHOD

1. Cook pasta according to packet instructions. Make sure to remove from water when "al dente."
2. Cube the chicken breast and toss it in jerk seasoning and cook until golden and cooked through. Then remove from the pot, and set aside to add later.
3. Add vegetable oil to a heavy-bottomed pot, and saute the capsicums with green onions. Add the minced garlic and cook until it's fragrant.
4. Add jerk seasoning to the pot.
5. Add heavy cream, chicken and vegetable stock to the pot. Simmer for a few minutes or until the sauce thickens, mix in the parmesan in the sauce.
6. Mix in the pasta.
7. Garnish with chopped chives, green onions or parsley and serve.

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# Johnny Cakes with Steamed Cabbage

## INGREDIENTS

- 3 cups all-purpose flour
- 3 tsp double-acting baking powder
- 1 tsp. salt
- Water (as needed)
- Vegetable oil
- 1 head cabbage
- 2 tbsp. olive oil, or as needed
- 1 small onion, thinly sliced
- 1/2 chopped green capsicum
- 1 green onion, sliced
- 1 whole Scotch bonnet pepper
- 2 sprigs of fresh thyme
- 1 tbsp. salt (optional)
- 1 cup shredded carrots
- 1/4 cup white vinegar
- 2 tbsp. white sugar

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# Johnny Cakes with Steamed Cabbage

## METHOD

1. In a large bowl, mix the flour and baking powder and water together.
2. Add 1 cup of water to the flour mixture and mix with a wooden spoon until smooth.
3. On a lightly floured surface, turn out the dough and knead with your hands, sprinkling the surface with more flour as needed, until smooth and elastic.
4. Place the dough in a clean bowl and cover with a towel. Let rest for at least 30 minutes.
5. After the dough has rested, in a large skillet over medium heat, heat the oil.
6. Form small balls of dough with your hands. On a lightly floured surface, roll out the dough into circles with a rolling pin or the palm of your hand. Be sure to not make them too thin.
7. Fry the dough, adding more oil if needed between batches, until golden brown. Let drain on paper towels.

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