

Less than 1 hour

Serves 4

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Ingredients:

- 1/2 cup olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 4 chicken thighs, skin removed (reserve for the chilli oil)
- 1 cup (250ml) milk
- 2 tsp (10ml) cornflour, mixed with a little cold water to make a paste
- Salt and milled pepper
- Juice (30ml) and grated peel of 1/2 lemon (or bottled lemon juice)
- 1 packet (500g) penne pasta
- Fresh thyme, for garnish

Chilli oil:

- 2 Tbsp (30ml) vegetable oil
- Chicken skin, chopped into small pieces
- 1 tsp (5ml) chilli flakes
- 2 cloves garlic, chopped

Method

1. Heat oil in a pan over medium heat and sauté onion for 5 minutes or until soft.
2. Add garlic and cook for another minute.
3. Add chicken thighs and top up with just enough water to cover meat.
4. Simmer for 25-30 minutes, until chicken is tender and cooked.
5. Remove from pan and shred meat.
6. Reduce cooking liquid over high heat until you have about 1/2 cup (125ml) left.
7. Add milk and cornflour paste and cook for 2-3 minutes until thickened.
8. Return shredded chicken to sauce and keep warm.

9. Heat vegetable oil in a saucepan and fry chicken skin until crispy.
10. Tip in chilli flakes and garlic and fry for another minute until fragrant.
11. Cook pasta according to packet instructions, then drain.
12. Toss pasta through chicken sauce.
13. Serve drizzled with chicken-skin chilli oil and garnished with thyme.

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