

Tomato, Basil, Chicken & Chickpea One-Pan Sauce with Eggs or Pasta

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Gather & Feast

Here's a hearty, nourishing one-pan sauce you can serve two delicious ways: with eggs or pasta. I love baked eggs, and this version has been on repeat the last few weeks. It's packed with protein-rich chicken mince, canned chickpeas, tomatoes, loads of fresh basil, and a pop of fennel seed for extra flavour. If you're cooking for fewer, split one batch of sauce in two-baked eggs one night, pasta the next. One sauce, so many possibilities.

SERVES 4 | **PREP TIME** 15 minutes | **COOK TIME** 30 minutes | **TOTAL TIME** 45 minutes

INGREDIENTS

Tomato, basil, chicken & chickpea one-pan sauce

- 2-3 tablespoons extra virgin olive oil
- A pinch of chili flakes or Aleppo pepper flakes, to taste
- 2 teaspoons whole fennel seeds
- 350g chicken mince
- 1 large brown onion, finely diced
- 5 cloves garlic, thinly sliced
- 1 x 400g can chickpeas, drained
- 2 x 400g cans whole tomatoes in juice, plus 1/3 of a tin of water
- 2 large handfuls fresh basil, roughly chopped
- 1/4 cup fresh finely grated Parmigiano Reggiano
- Fine sea salt, to taste
- Freshly cracked black pepper, to serve

Baked eggs option

- 6-8 eggs (I find 6 eggs is best if you're serving 4 people and 8 eggs for 6 people)

Pasta option

- 350g dried short shaped pasta (mezze maniche, rigatoni, maccheroni, fusilli, etc)



METHOD

Tomato, basil, chicken & chickpea one-pan

sauce

1. Place a large deep-sided frying pan over medium heat.
2. Add the olive oil, chilli flakes (if using), and fennel seeds.
3. Add the chicken mince along with a generous pinch of fine sea salt. Cook for a few minutes until partially cooked.
4. Stir in the diced onion and sliced garlic. I like to add these after the chicken so they retain some bite and their sweet, punchy flavour.
5. Cook until the chicken is cooked through and lightly browned, and the onion and garlic have softened-about 3-4 minutes.
6. Add the drained chickpeas and stir to combine.
7. Add the canned tomatoes with their juice, plus 1/3 of a tin of water. Crush the tomatoes gently with the back of a spoon.
8. Simmer uncovered for 5 minutes. Stir in the fresh basil and continue to simmer, uncovered, for another 5 minutes.

Baked eggs option

1. Crack the eggs directly into the sauce, spacing them evenly across the pan.
2. Sprinkle the grated Parmigiano Reggiano over the eggs, along with a pinch of fine or flakey sea salt and cracked black pepper.
3. Cover with a lid and cook until the eggs are done to your liking:
 - Soft-set eggs: roughly 4 minutes
 - Firmer eggs: roughly 5-7 minutes
4. Taste and adjust seasoning if needed.
5. Serve in bowls with a drizzle of olive oil and extra freshly cracked black pepper, if desired.

Pasta option

1. While the sauce is simmering, bring a large pot of salted water to a boil.
2. Cook the pasta 2-3 minutes short of the package instructions.
3. Using a spider strainer, transfer the pasta directly into the sauce (or drain it, reserving some pasta water).
4. Cook the pasta in the sauce for 2-3 minutes until al dente and the sauce has thickened slightly. Add splashes of pasta water if needed to loosen the sauce while keeping it thick and glossy.
5. Stir in the grated Parmigiano Reggiano. Taste and adjust salt as needed.
6. Serve with a drizzle of olive oil, extra cheese, and cracked black pepper.

NOTES

This recipe can be made dairy-free by using a plant-based parmesan alternative or simply leaving out the cheese altogether.

Consider making a double batch of the sauce - freeze half for a future meal. If you're cooking for two, make the full quantity and save the leftovers for an easy dinner another day.

Chickpeas add a lovely creamy texture and boost the fibre and protein content. You could swap them for white beans if you prefer.

Parmigiano Reggiano can be substituted with Grana Padano.

This sauce can be made ahead and stored in the fridge for up to 3 days. It also freezes well for up to 2 months.

Use a large, wide pan with a lid to accommodate both the sauce and eggs if using the baked egg option.

This recipe is also lovely with a spoonful of yoghurt or ricotta served on the side.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/tomato-basil-chicken-chickpea-one-pan-sauce-baked-eggs>

Let me know if you make the recipe! x **@gatherandfeast**