



## Country Captain Chicken



This recipe calls for:

### Traditional Sauce

Prep time

**10 minutes**

Cook time

**70 minutes**

Servings

**4**

### Ingredients

- 6 skinless chicken thighs
- 1 jar RAGÚ® Old World Style® Traditional Sauce
- 1 1/2 tsp. extra virgin olive oil
- 2 tsp. curry powder
- 2 tsp. salt and pepper
- 1/2 cup chopped red onion
- 1 minced clove garlic
- 1 1/2 cups chopped red, yellow and green bell peppers
- 1 cup sliced mushrooms
- 1/4 cup raisins
- 1 1/2 cups uncooked quinoa

3 cups water

2 chopped scallions, for garnish

1/4 cup chopped almonds, for garnish

## **Instructions**

1. Preheat oven to 350°F.
2. Bring water to a boil in a medium saucepan. Add quinoa and 1 tsp salt and pepper. Reduce heat to low, cover and simmer for 20 minutes or until tender and most of the liquid has been absorbed. Fluff with a fork.
3. While quinoa is cooking, season chicken with 1 tsp salt and pepper. In a large non-stick pan over medium heat, add oil and brown the chicken thighs 5 minutes on each side. Remove from pan and place into a baking dish. Set aside.
4. Add peppers, onion, garlic, mushrooms and curry powder to same non-stick pan. Sauté for 5 minutes. Add sauce and raisins. Stir and place over chicken.
5. Bake uncovered for 45 minutes or until fully cooked. Serve over quinoa and garnish with scallions and almonds.