

Tavuk Sote (Turkish Chicken Sauté)

Turkish · Main Course · Easy · 30 min total · Serves 4

Tavuk sote is a quick Turkish sauté of chicken with green peppers, tomato and onion in a light, spiced tomato sauce. It is an everyday home dish, served over rice or with bread for soaking up the juices.

Ingredients

- 1.5 lb boneless skinless chicken thighs (cut into 1-inch pieces)
- 2 tbsp olive oil (divided)
- 1 medium yellow onion (diced)
- 2 small green bell pepper (cut into strips)
- 2 medium ripe tomatoes (diced)
- 1 tbsp tomato paste
- 3 cloves garlic (minced)
- 1 tsp Aleppo pepper (pul biber)
- 1 tsp sweet paprika
- 1 tsp kosher salt
- 0.5 tsp black pepper
- 0.25 cup flat-leaf parsley (chopped)

Method

1. Pat the chicken dry and season it with the salt, black pepper and paprika.
2. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook undisturbed for 4 to 5 minutes until golden, then cook 2 to 3 minutes more until it reaches 165°F (74°C). Move it to a plate.
3. Add the remaining oil, the onion and the green pepper strips to the skillet, and cook for 6 to 7 minutes until softened and lightly charred.
4. Stir in the tomato paste, garlic and Aleppo pepper and cook for 1 minute. Add the diced tomatoes and cook for 4 to 5 minutes, mashing them, until they break down into a loose sauce.
5. Return the chicken and any juices to the pan and simmer for 5 minutes, until the sauce coats a spoon and the chicken is tender.
6. Stir in the parsley, taste for salt, and serve hot with rice, bulgur or bread.

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