

PROUDLY SUPPORTING
OPERATION TRANSFORMATION KEEPING WELL APART

Chicken Pesto Pasta

Serves 2

To make this vegetarian just double the amount of vegetables or try with lean turkey steaks or even some leftover cooked chicken stirred into the cooked sauce is delicious. If you haven't got sun-dried tomato pesto use the regular variety or just a handful of drained sun-dried tomatoes that you finely chopped is great. For anyone who likes a kick to their food a pinch of dried chilli flakes is perfect.



Ingredients

- 150g spaghetti (wholewheat or regular)
- 1 red pepper
- 1 green pepper
- 1 courgette
- 2 skinless and boneless chicken fillets
- 1 tbsp rapeseed oil
- 4 tbsp cream cheese (such as Philadelphia)
- 3 tbsp sun-dried tomato pesto (readymade from a jar or tube)
- salt and freshly ground black pepper

Method

Bring a large saucepan of water to the boil with a pinch of salt. Add the spaghetti and carefully swirl it around so that it softens and goes into the water. Cook for 10-12 minutes or until tender (or according to the packet).

Meanwhile, cut the peppers in half and remove the seeds and cores, then thinly slice. Trim the courgette and cut into batons.

Heat a wok or large frying pan. Meanwhile, cut the chicken into strips. Add the oil and swirl around the edges. Tip in the chicken and stir-fry with a wooden spoon for 2-3 minutes until sealed and lightly browned.

Reduce the heat and stir in the cream cheese, pesto and prepared vegetables. Season to taste with salt and pepper. Simmer gently for another 6-8 minutes or until the chicken and vegetables are completely tender.

Drain the spaghetti into a colander in the sink and divide among bowls. Spoon the chicken pesto on top to serve.

Prepare Ahead

This pasta dish could be made in advance and would keep in a suitable airtight container for up to 3 days in the fridge. Reheat in the microwave or in a saucepan with a splash of water until piping hot. It would also be served as a salad, perhaps using a pasta such as wholewheat penne or fusilli.

