



## Chicken & Chorizo Pasta

**PROUDLY SUPPORTING**  
OPERATION TRANSFORMATION 2021

Serves 2 (each serving contains  
approximately 510 kcal)



### Ingredients

80g wholewheat penne pasta  
1 yellow pepper  
1 courgette  
60g sun-dried tomatoes, well  
drained  
5g fresh flat-leaf parsley  
30g raw chorizo

2 skinless and boneless chicken  
fillets  
400g tin chopped tomatoes  
salt (optional) and freshly ground  
black pepper

### Method

Bring a large pan of water to the boil with a pinch of salt (optional). Add the penne pasta and cook for 10-12 minutes or until tender.

Cut the yellow pepper in half and remove the seeds and core, then dice. Trim the courgette and cut into slices. Cut the sun-dried tomatoes into strips. Finely chop 5g of parsley leaves.

Heat a large frying pan over a medium heat. Cut the chorizo into chunks, discarding any skin. Add to the heated pan (you do not need any oil as a certain amount will come out of the chorizo). Cook for 1 minute or until it starts to sizzle.

On a clean chopping board, cut the chicken fillets into strips. Add the chicken to the sizzling chorizo, tossing to coat. Stir-fry for 2-3 minutes or until lightly browned. Add the pepper and courgette and sauté for 2-3 minutes until tender. Scatter over the sun-dried tomatoes and pour in the chopped tomatoes, stirring to combine. Simmer for a few minutes to slightly reduce and until piping hot with no pink meat and the juices run clear.

Drain the pasta into a colander in the sink. Fold the pasta into the chicken and chorizo mixture and season with pepper. Divide between pasta bowls and scatter over the parsley to serve.