

Recipe

Pulled Pesto Pasta



Nutritional & Serving Information

Recipe Good For?	Healthy Eating	Serves	4
Time to Prep	15 mins	Time to Cook	50 mins
Calories (per serving)	346	Carbohydrate (g)	39.2
Fibre (g)	6.6	Fat (g)	10.5
Protein (g)	25.3	Sugars (g)	4.3

Ingredients

125g Durum Wheat Spinach Pasta	3 steamed chicken breasts	1 Yellow Pepper
1 Green Pepper	2 tbsp Sun Dried Tomato Pesto*	

Cooking Method

Steam cook the chicken breasts for 40minutes

Boil the pasta for approximately 10 minutes

Chop up the peppers and the courgette and add to a frying pan with the sun dried tomato pesto

Pull the chicken apart and add to the frying pan

Once the pasta is cooked, add to the pan and mix for a few minutes before serving

Tips

You can use any vegetables you have in the house although the ones we've written work best for flavour

This works well with any type of pasta although we would recommend sticking to wholewheat varieties

Do present your food on a plate, even if you're only cooking for yourself; your brain sees a meal as more substantial if it looks appetising.

* we make our own Pesto by chopping and blending sundried tomato's, olive oil, garlic, pine nuts, basil and parsley.