




Pronto chicken and vegetable pesto pasta




Lunch or dinner is sorted with this quick and easy meal! Pasta for energy, protein and fibre-rich and vegetables to keep you full this dish will leave you satiated.

 Serves: 4

 Cook times: 20 mins

 Prep times: 10 mins

 Difficulty: Easy

Ingredients

- 2 tbsp pine nuts
- 250 g dried penne pasta
- Olive oil spray
- 1 onion, peeled and chopped
- 1 garlic clove, crushed
- 500 g chicken, diced
- 120 g mushrooms, chopped
- 1 capsicum, seeded and diced
- ½ tsp chilli flakes
- ½ cup fresh basil leaves, chopped
- ½ cup low fat parmesan cheese, grated
- Ground black pepper, to taste

Method

1. Preheat oven to 180°C
2. Spread pine nuts over a baking tray. Bake for 3 to 4 minutes or until golden.
3. Meanwhile, cook pasta in a saucepan of boiling water until tender. Drain pasta and set aside.
4. Heat pan to medium heat and spray with oil. Add onions and garlic and cook until onion is soft.
5. Add chicken, mushroom, diced capsicum and chilli flakes. Cook, stirring occasionally until chicken is cooked through and vegetables are soft.
6. Add basil and toss to coat chicken.
7. Divide pasta between bowls and spoon chicken mixture on top.
8. Sprinkle with pine nuts and low fat parmesan cheese. Season with pepper. Serve immediately.

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