



SPICY CHICKEN PASTA

A quick and easy, spiced up, chicken and pasta dish

 45 minutes

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 4 portions

INGREDIENTS

- 60 grams of sun dried tomatoes, diced
- 1-2 cloves of garlic, sliced or minced
- 1 onion, diced
- 1 tablespoon of chopped fresh parsley (4 g)
- 80mls of chicken stock
- 4 tablespoons of tomato puree (60 g)
- 200 grams of pasta, dry weight
- 1/4 teaspoon of black pepper
- 1/2 teaspoon of chilli powder or cayenne pepper
- 1/2 teaspoon of smoked or hot paprika (according to taste)
- 1/4 teaspoon of salt
- 2 teaspoons of olive oil
- 1 tablespoon of unsalted butter (14g)
- 80 grams cream
- 280 grams of chicken, breast, grilled without skin, meat only

COOKING METHOD

- 1° Bake, air fry or grill chicken before preparing the sauce. Let cool to room temp as sauce cooks.
- 2° Bring sauce ingredients to simmer at slightly less than medium heat. Simmer and stir as pasta cooks according to packet instructions.
- 3° Add sauce to pasta and stir to low temp simmer for 10 to 15 mins. Place portion pasta on plate and place sliced chicken on top. Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (215 g)	% DRI
ENERGY	217 kcal	468 kcal	23 %
PROTEIN	15 g	33 g	66 %
CARBOHYDRATE	24 g	51 g	20 %
SUGARS	5 g	11 g	12 %
FAT	7 g	15 g	22 %
FATTY ACIDS, TOTAL SATURATED	3 g	7 g	37 %
FIBER	2 g	5 g	19 %
SODIUM	114 mg	246 mg	10 %