



Pan Fried Pesto Chicken in a Chunky Tomato Sauce Served with Steamed Pasta and Wilted Greens

INGREDIENTS – Serves 4 portions

Diced Chicken Fillet or Vegetarian Quorn Fillets – 360g
Chunky Diced Fresh Tomatoes – 2
Fresh Basil – 10 leaves
Fresh Garlic – 2 cloves (crushed and peeled)
Diced Spanish Onions – 1 large
1 Small Red Pepper (diced)
Olive Oil – 2 tbs
Black Pepper – 2 pinches
Pre Cooked Pasta Shells – 200g
Chopped Tomatoes Tinned – 200g
Fresh Spinach Leaves – 240g
Sliced Spring Onions – 60g
Sour Cream – 50 ml

Method

1. To make the nut free Pesto place the olive oil and basil leaves into a food processor and blitz for 20 seconds.
2. Place the chicken into a bowl and add the pesto. Stir, mix, and fold to marinade the chicken with the pesto.
3. In a wok or shallow frying pan heat 2 tbs water until it steams, then add the chicken to seal, add the onions and fresh tomatoes. Place a lid on the pan and steam for 90 seconds. Carefully remove the lid. Now add the chopped tinned tomatoes, red peppers and spring onion and bring to a simmer for 1 minute. Now add the fresh spinach leaves and fold through gently until the leaves have wilted through the sauce and chicken.
4. Add the pasta shells to the pan, stir through, add black pepper to season and switch off the pan
5. Serve the food into the centre of a plate or large pasta bowl and lightly splash sour cream over the top with a fork. ENJOY!