

## Pesto Pasta with Grilled Chicken and Vegetables

Serves 10

Ingredients	
400g skinless chicken breasts	1 large bunch fresh basil
450g fusilli pasta	2 cloves (12g) garlic
1 (160g) red pepper, chopped and deseeded	180 ml olive oil
1 (150g) large onion, peeled and chopped	1 tbsp (15 ml) sunflower oil
180g tomatoes chopped	150g parmesan cheese

- METHOD:
- Place parmesan, olive oil, garlic and basil in a food processor, blend for few seconds until begins together and smooth. Set aside
- Bring a large pan of water to the boil , cook pasta according to instructions
- Place the chicken breasts under a medium heat, grill until cooked, turning once
- Whilst the chicken is cooking, sauté the onions and peppers in the sunflower oil adding the chopped tomatoes toward the end of cooking
- When cooked, dice the chicken and add all the ingredients, including the pesto, into a large mixing bowl, toss together covering the chicken and vegetables in the pesto.



- ✓ COOKS' TIP, FOR PUREE DIETS, MAKE A PEPPER AND TOMATO PUREE, USE TINNED TOMATOES OR BLANCH FRESH TOMATOES IN BOILING WATER FOR 1 MINUTE AND REMOVE THE SKINS, THEN SCOOP OUT SEEDS
- ✓ FOR WHEAT FREE DIETS, OMIT FUSILLI, USE GLUTEN FREE FUSILLI
- ✓ FOR VEGETARIAN DIETS, OMIT CHICKEN BREAST, USE QUORN FILLETS
- ✓ FOR DAIRY FREE DIETS, EXCLUDE PARMESAN CHEESE, USE VEGETARIAN ALTERNATIVE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
434	21.1	26.2	30.6	4.4	1.2	1.4	236