

Chicken Pasta

Ingredients

Serves 5 people

- ◆ 500g Pasta
- ◆ ½ kg Chicken Breast
- ◆ 1 tbsp Salt
- ◆ 1 tbsp crushed chilli
- ◆ 4 medium onions
- ◆ 4 cloves of Garlic
- ◆ 1 tomato tin
- ◆ 200g Cheese
- ◆ 2/3 Courgettes
- ◆ ½ cup of water
- ◆ 1 tbsp Basil



Instructions

1. Cut the breast into small pieces, about 2 inches long and in thin strips.
2. Wash the chicken and drain.
3. Slice the courgettes in half, the long way and then slice into small pieces.
4. Peel the onions and slice.
5. Peel the garlic and crush.
6. Chop the tomatoes into small pieces.
7. Add the onions to a pan of water.
8. Add salt, chilli, garlic, courgettes and tomatoes to the pan.
9. Cook for 5 minutes on full heat, stirring to ensure that it does not burn.
10. Place the lid on the pan and leave for 7 minutes on low heat.
11. Add the chicken breast to the pan and cook for further 10 minutes on full heat, stirring occasionally.
12. Place the lid on the pan for a further 5 minutes on low heat, and add basil.
13. Boil the water for the pasta in a separate pan.
14. Let the water boil and then add pasta to the water, leave for 10 minutes and then drain.
15. Add the boiled pasta to the mixture and add grated cheese to the pan and cook for further 5 minutes on low heat.
16. Serve with salad.

These recipes have been developed by ladies in the community, sharing their skills, promoting healthy eating. For more recipes visit www.dostigroup.co.uk