



CHICKEN PESTO PASTA



Serves 2
Calories 533

Ingredients

- 2 chicken fillets
- 1 tbsp basil pesto
- 1 tbsp light cream cheese
- 1 yellow pepper, deseeded and chopped
- 1 red pepper, deseeded and chopped
- 100g wholewheat pasta (any shape)
- 2 garlic cloves, crushed
- 1 tbsp rapeseed oil

Method

Place wholewheat pasta in a pot of boiling water and cook for approximately 9-10 minutes until soft

Cut chicken fillets into strips

Place tablespoon of rapeseed oil in a wok / pan and add garlic and chicken strips

Cook for approximately 6-8 minutes until cooked through

Reduce heat and add basil pesto to the chicken, add cream cheese and stir through

Allow cream cheese to melt making a creamy sauce

Add sliced peppers and stir for a few minutes until tender

Serve pesto chicken mixture with wholewheat pasta