

Creamy Chicken Penne

CAL: 470 PROTEIN: 34 CARBS: 52 FIBRE: 8 FAT: 14



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SERVES:
4



TIME:
20 minutes



INGREDIENTS

300g wholemeal (gluten free if required) pasta
1 tsp olive oil
1 brown onion
400g chicken breast, sliced
190g basil pesto
150g green peas
2 tbsp Greek yoghurt
Salt & cracked pepper
Fresh basil, to serve

INSTRUCTIONS

Start by cooking pasta according to packet instructions.

Meanwhile, add the oil and onion to a fry pan and cook on medium-high heat for 2 minutes.

Next, add the chicken and cook for 5 minutes, stirring continuously. Add the basil pesto and peas, reduce to low and simmer for 5 minutes. Stir through the Greek yoghurt and cook for 1 more minute.

Divide into four bowls, season with salt & cracked pepper and top with fresh basil.

MACROS

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