

Chicken and vegetable pasta salad

Tea
Serves
10

Nutrition: protein, carbohydrates, vitamin C

Ingredients

- 1 red pepper, deseeded and thickly sliced
- 1 red onion, thickly sliced
- 1 tbsp olive oil
- 400g penne or fusilli pasta
- 3 skinless chicken breasts, diced
- 2 tbsp chopped thyme
- 2 tbsp oregano
- Pinch of dried chilli flakes
- 2 garlic cloves, crushed
- 150g cherry tomatoes, quartered
- ½ cucumber, diced

Method

Heat oven to 200°C. Mix the pepper and onion with 1 tsp oil and roast for 20 minutes.

Cook the pasta following the instructions on the pack. Drain and set aside.

While the pasta is cooking, season the chicken with the remaining oil, herbs, chilli and garlic and bake in the oven at 200°C for 15 to 20 minutes. Make sure the temperature of the chicken reaches 75°C.

Add the chicken with any juices, roasted onion and pepper to the pasta. Toss together with the cherry tomatoes and cucumber and eat warm or cold.

Known allergens*

Gluten

Substitutions

Use a gluten free pasta product

*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.



Department for Education

