

Chicken Pasta

Basic Recipe

ingredients

- 500g chicken breast, diced or can use shredded roasted chicken
- 1 clove of garlic
- 1 tsp Italian herbs or mixed herbs
- 1 cup pumpkin diced
- 1 tin corn kernels 125g
- Baby spinach leaves 2 cups
- 375g Penne Pasta or any other shape will work
- Olive oil spray
- 1/2 cup chicken stock
- 375mls cooking cream
- 1/4 cup parmesan cheese plus extra to serve.

method

1. Pre-heat the oven to 200C fan forced.
2. Place diced pumpkin on a tray, spray with olive oil and bake in the oven for 30mins
3. Heat a saucepan of water to boiling and add the pasta, cook 12-15mins or until al dente
4. While the pasta is cooking, heat some olive oil in the pan and add the diced chicken, cook 4-5mins or until cooked through
5. Add the garlic and mixed herbs to the pan and stir through with the chicken
6. Add the corn and pumpkin to the chicken and cook for 1-2mins to heat through
7. Drain the pasta and add to the chicken, then stir through the stock, cream and cheese
8. Add the baby spinach leaves, stir through until wilted, then its ready to serve

Serve with extra grated parmesan cheese

Serves 6