



Chicken Pesto Pasta

Chelsea Goodwin Author of \$10 Meals

 30 minutes



Serves 5-6

INGREDIENTS

- 1 brown onion, diced
- 4 cloves garlic, crushed
- 1 head broccoli (400-500 g), chopped into small florets
- 250 g chicken breast fillet, sliced into thin pieces
- 500 g penne
- 1 tablespoon unsalted butter
- 1 teaspoon olive oil
- ½ cup (130 g) basil pesto
- 300 ml thickened cream
- ½ cup (40 g) finely grated parmesan
- ¼ teaspoon ground black pepper
- 1 chicken stock cube
- 130 g baby spinach

TO SERVE

- 2 tablespoons fresh basil leaves, thinly sliced
- finely grated parmesan and freshly ground black pepper



Afternoons

with Joel Rheinberger

on 936AM and the ABC listen app



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STEPS

PREP

1. Put a large pot of salted water on to boil, ensuring that there is enough water to cover both the pasta and broccoli.
2. Dice the onion, crush the garlic and chop the broccoli into small florets.
3. Slice the chicken breast into thin pieces or small cubes.

COOK

1. Tip the pasta into the pot of boiling water. While the pasta is cooking, melt the butter with the oil in a large frying pan over medium heat. Add the onion and cook for a few minutes, until soft. Add the garlic and cook for another minute.
2. Add the chicken to the pan and cook for 4–5 minutes or until lightly browned and cooked through. Reduce the heat to low. Stir in the pesto, then add the cream and parmesan, stirring to combine. Add pepper, then crumble the stock cube into the sauce. Stir the spinach through until wilted and the sauce has heated through.
3. When the pasta is 2 minutes away from al dente, add the broccoli to the pot and cook for a minute or two. Scoop out 1/2 cup (125 ml) of pasta water and set it aside.
4. Drain the pasta and broccoli in a large colander. If your frying pan is large enough, add the pasta and broccoli to the sauce. If not, transfer the sauce, pasta and broccoli into the large pot. Gently stir to combine everything together. Add 1/4 cup (60 ml) of the pasta water, stirring to loosen the mixture, adding more water if necessary.
5. To serve, divide among bowls and top with basil leaves, parmesan and pepper.



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