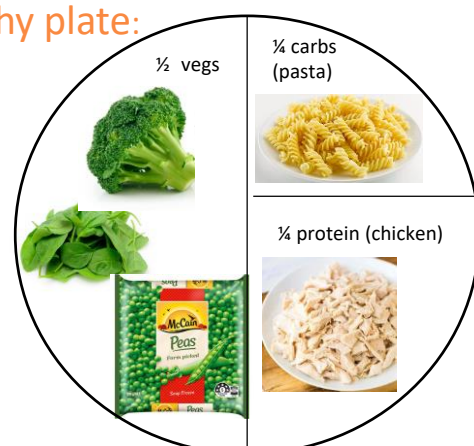


Chicken, pea and broccoli pasta

The healthy plate:



Ingredients

- ☐ 250g Wholemeal Pasta Spirals- e.g. high fibre Vetta brand
- ☐ 400g broccoli, chopped into florets
- ☐ 1 cup frozen peas
- ☐ 2 garlic cloves, crushed
- ☐ ½ teaspoon chilli flakes
- ☐ 300g BBQ cooked chicken, skin removed
- ☐ 1 lemon, squeezed for juice
- ☐ 60g baby spinach
- ☐ ½ cup grated parmesan to serve
- ☐ 1Tbs olive oil

Materials

- ☐ Chopping board
- ☐ Fork
- ☐ Knife
- ☐ Sieve
- ☐ Large pasta saucepan
- ☐ 1 medium frypan
- ☐ Serving spoon
- ☐ Bowls for serving

How long can I keep this meal for?

Store in clean containers for up to three days in the fridge.



Instructions

- Cook pasta in a large pan of boiling water following packet instructions. Add chopped broccoli florets and peas for last 3 minutes of cooking time. Drain using a sieve and place pasta and broccoli mix back into the pan.
- Peel off chicken skin and shred chicken into small pieces using a fork and keep aside.
- Meanwhile, heat 1 tablespoon of olive oil in a large non-stick frying pan over medium heat. Sauté the garlic and chilli for 1 minute. Add the shredded chicken to heat and cook for 1–2 minutes.
- Mix the chicken, baby spinach and lemon juice into the large pasta pan with broccoli, and toss to combine. Divide the pasta among the serving bowls, sprinkle with grated parmesan and season with cracked black pepper, to serve.



	Energy	Fat	Protein	Carbohydrate	Fibre	Sugar	Sodium
1 serve	487cal (2043kJ)	12g	40g	50g	18g	4g	170mg