

Twice Cooked Parmesan Chicken on a bed of Spring Onion and Pesto Pasta served with a Chunky Tomato and Pepper Sauce

INGREDIENTS

Chicken Breast – 4
Chunky Diced Fresh Tomatoes – 2
Fresh Basil – 10 leaves
Finely Chopped Fresh Garlic – 2 cloves
Fine Diced Spanish Onions – 1 large
Vegetable Oil – 50ml
Black Pepper – 2 pinches
Parmesan Cheese – 3tbls
Pre Cooked Pasta Shells – 200g
Chopped Tomatoes Tinned – 400g
Sliced Yellow Pepper - 1
Sliced Spring Onions – 60g
Sour Cream – 50 ml

Method

1. Heat half the oil in a wok or saucepan, add the chicken breast with the parmesan cheese and pan fry until golden brown each side place the chicken into a steamer or oven at 180c until thoroughly cooked
2. In a separate wok or small saucepan heat the remainder of the oil and lightly cook the garlic being careful not to brown it, add the onions until they go soft, add the fresh chopped tomatoes and cook for 2 minutes, add the chopped tinned tomatoes, black pepper and bring to a simmer, add the yellow peppers and turn off the heat.
3. Place the cooked pasta with spring onion into a separate tear of the steamer or cover in boiling water to heat for 5 minutes
4. Place the chicken breasts onto a plate and rest for 1 minute
5. Place the hot pasta onto 4 warm plates with fresh basil leaves, place the chicken breasts onto the pasta and gently divide the sauce over the chicken. Spoon lightly the sour cream over your dish,

Serves 4 portions