Eat Within 4 Days

QCOOK

Smoked Chicken & Artichoke Pasta

with sun-dried tomatoes & creamy pesto

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	1184kJ	5407kJ
Energy	283kcal	1292kcal
Protein	9.2g	42.1g
Carbs	23g	107g
of which sugars	3.9g	17.9g
Fibre	2g	9.2g
Fat	17.7g	80.9g
of which saturated	4.2g	19.2g
Sodium	486mg	2218mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Fusili Pasta
50g	100g	Peas
1	2	Smoked Chicken Breast/s
30g	60g	Artichoke Quarters *drain & roughly chop*
20g	40g	Sun-dried Tomatoes *roughly chop*
100ml	200ml	Creamy Pesto *(70ml [140ml] Mayo & 30ml [60ml] Basil Pesto)*
30g	60g	Danish-style Feta *drain*
3g	5g	Fresh Oregano *pick & rinse*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. AL DENTE PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PLUMP PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. JUST BEFORE SERVING Using two forks, roughly shred the chicken. In a salad bowl, combine the pasta, peas, artichokes, sun-dried tomatoes, ½ the oregano, creamy pesto, the chicken and seasoning.

4. LIGHT BUT LOVELY DINNER Bowl up the loaded salad and crumble over the feta. Garnish with the remaining oregano. Dig in, Chef!