



# WCOOK

## Smoked Chicken & Artichoke Pasta

with sun-dried tomatoes & creamy pesto

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**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

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
300g	400g	Fusili Pasta
150g	200g	Peas
3	4	Smoked Chicken Breasts
90g	120g	Artichoke Quarters <i>drain &amp; roughly chop</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
300ml	400ml	Creamy Pesto <i>(210ml [280ml] Mayo &amp; 90ml [120ml] Basil Pesto)</i>
90g	120g	Danish-style Feta <i>drain</i>
8g	10g	Fresh Oregano <i>pick &amp; rinse</i>

## From Your Kitchen

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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!