

Chicken, Broccoli and Pesto Pasta - Serves 4

Food group servings per portion:

Vegetables: 2 ½ - Dairy: ¼ - Lean meat/alternatives: 1 - Grains: 2

Ingredients:

2 bunches broccoli, chopped
6.5 cups of cold water
2 cups dried penne (try wholemeal pasta for extra goodness)
300g cooked deli roast chicken, shredded
40g shaved parmesan
1 tablespoon garlic infused oil (optional)
2 tablespoon pine nuts
250g cherry tomatoes, halved
150g pesto

Method:

1. Steam/Boil Broccoli for 6-8 mins or until cooked but still firm.
2. Cook penne according to packet directions or until al dente.
3. Combine the cooked pasta and all other remaining ingredients with the cooked broccoli and mix well to combine.
4. Divide among 4 bowls, and serve.

