



RED PEPPER AND CHICKEN PASTA

INGREDIENTS

Serves 6 -

FOR THE SAUCE

- 200g red onion peeled and diced
- 4 garlic cloves peel and crushed
- 300g roasted red peppers in vinegar
- 500g passata
- 90g philadelphia light
- 3 tbsp balsamic vinegar
- 1 tsp Worcestershire sauce
- 1 veg stock pot
- 1/2 tsp sweet smoked paprika
- 1/2 tsp oregano

FOR THE PASTA

- 200g dried spaghetti or penne
- 3 chicken breasts
- 300g mushrooms sliced
- salt and pepper
- low cal cooking spray

PREP TIME

Prep time - 5 mins

Cook time - 22 mins

293 calories per serving

HOW TO COOK: THE SAUCE-

01. Add the onion, garlic and red pepper to a saucepan and gently fry over a medium heat for 10 minutes, or until the onions have softened.
02. Add the rest of the sauce ingredients, stir to combine and blend until smooth. Season with salt and pepper.

MAKING THE PASTA

01. Add the dried pasta to a saucepan with boiling water and cook for 10 minutes or until pasta is cooked.
02. Whilst the pasta is cooking, add the chicken into a frying pan. Spray with fry light and cook over a medium heat for 5 minutes until the outside of the chicken has turned white.
03. Add the mushrooms and cook for 2 minutes.
04. Add the blended sauce to the frying pan and simmer for a further 5 minutes, until the chicken is cooked.
05. Add the drained pasta to the chicken and the sauce and season with salt and pepper to taste.

