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Warm Chicken

and Bean Pasta Salad



20-30min



4 Portions

Hearty and nourishing, this chicken pasta dish is a brilliant family favourite. Although they're cooked in a jiffy, the tomato and garlic combines with the poaching liquid to create a wonderfully moreish sauce which coats the pasta and complements the tender shredded chicken and final scattering of crunchy toasted almonds.

What we send

- flaked almonds ¹⁵
- chicken stock powder
- mint and 1 garlic clove
- tomato
- edamame ⁶
- wholemeal penne ¹
- free-range chicken breast fillet
- green beans
- lemon

What you'll require

- olive oil
- salt and pepper

Utensils

- Colander
- large frypan
- peeler
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Soy (6), Tree Nuts (15).
May contain traces of other allergens.

Nutrition per serving

Energy 655.0kcal, Fat 11.0g, Proteins 53.6g, Carbs 80.4g



1. Prepare chicken

Bring a large saucepan of salted water to the boil for the pasta. Using a peeler, peel strips of **lemon** rind, then juice the whole lemon. Trim ends of **beans** and cut into 2 cm lengths. Place **chicken breast fillets** in another large saucepan with 2 tsp **stock powder**, 500ml (2 cups) cold water, **lemon rind** and 2 tbs **lemon juice**.



2. Poach chicken

Bring to a simmer. Cover, reduce the heat and simmer gently for 5 mins. Remove from the heat and stand for 5 mins or until cooked through. Reserve 125ml (½ cup) poaching liquid, then drain and set **chicken** aside to cool slightly.



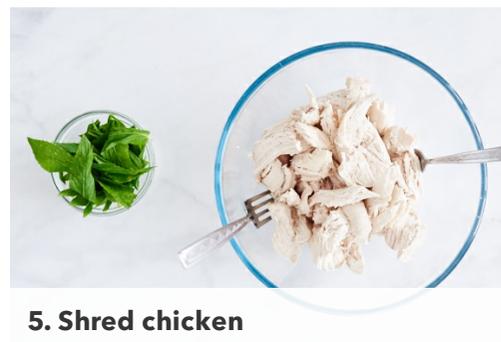
3. Cook pasta

Meanwhile, cook 400g **pasta** in the pan of boiling water for 12-14 mins. Add the **beans** and cook for a further 2 mins. Add the **edamame** and immediately drain. Return to pan.



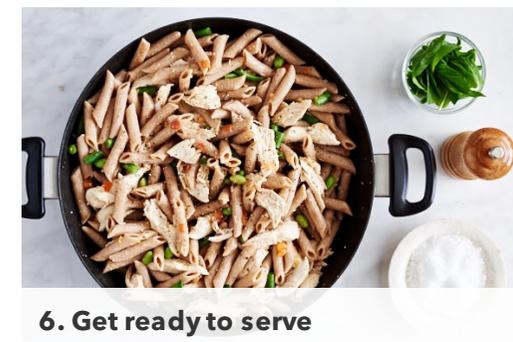
4. Soften tomatoes

Finely chop the **tomatoes** and **garlic**. Heat a large frypan over medium heat and toast the **almonds** for 3-4 mins until golden, Remove from pan and set aside. Heat 1 tbs **oil** in same pan over medium heat. Cook the tomato and garlic for 2-3 mins until slightly softened. Add reserved **poaching liquid** and cook for 5 mins or until slightly reduced.



5. Shred chicken

Shred the **chicken** using 2 forks. Pick the **mint** sprigs (discard stems).



6. Get ready to serve

Add the **chicken**, 1 tbs **lemon juice** and the **pasta** to the **tomato mixture** (see cooking tip) and toss for 1 min. Season with **sea salt and pepper**, if liked. Scatter adults' serves with **almonds** and **mint** sprigs.