

MARLEY SPOON



Chicken and Pesto Pasta

with Broccoli and Rocket



20-30min



4 Portions

Something amazing happens to broccoli when you grill or roast it; all the earthy flavours intensify and it tastes nutty and rich. Even the most hardened broccoli sceptics will be converted... and it doesn't hurt that there's tender chicken, yummy pesto and everyone's favourite pasta shape included in this dish as well.

What we send

- 1
- 7,15

What you'll require

- olive oil
- olive oil spray
- sea salt and pepper

Utensils

- foil
- large frypan
- large saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Drizzle or toss the broccoli in a little olive oil instead of using the spray, if you prefer. ~Leave the olives out and serve them at the table, if you prefer.

Allergens

Gluten (1), Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 855kcal, Fat 34.6g, Carbs 72.2g, Proteins 57.1g



1. Prepare broccoli

Read through the recipe. Heat the oven grill to high. Line an oven tray with foil. Bring a large saucepan of salted water to the boil for the pasta. Cut the **broccoli** into 1cm chunks, including the stem. Put on the lined tray and spray with **olive oil** or drizzle lightly with olive oil (see cooking tip).



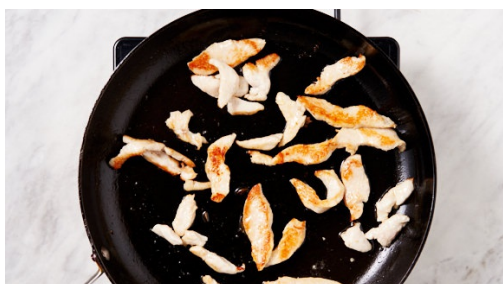
2. Grill broccoli

Grill the **broccoli** for 15 mins, stirring occasionally, or until browned and tender.



3. Prepare chicken

Meanwhile, coarsely chop the **olives**. Put the **chicken breasts** flat on a board, put your hand on top and halve horizontally, then thinly slice into strips. Season with **salt and pepper**.



4. Cook chicken

Cook the **pasta** in the pan of boiling water for 8 mins or until al dente. Reserve **125ml (½ cup) cooking water**, then drain the pasta. Meanwhile, heat **1½ tbs olive oil** in a large deep frypan over high heat. In 2 batches, stir-fry the **chicken** for 2 mins or until nearly cooked through. Reduce the heat to medium-high.



5. Finish cooking

Add the **broccoli, rocket, olives** (see cooking tip) and **reserved pasta water** to the pan and toss to combine. Cook, stirring, for 2 mins or until the chicken is cooked through and the rocket is just wilted.



6. Get ready to serve

Add the **pesto** and **pasta** to the pan and toss well to combine. Taste, then season with **salt and pepper**. Divide the **pasta** among bowls to serve.