



## Italiano Chicken Pasta ( OPW )

Serving: 1

Non Veg

### *Ingredients*

- Serves 1
- -50 gms boneless chicken, cut into 1" cubes
- -2 tbsp whole wheat penne pasta
- -1 bowl tomato puree
- - $\frac{1}{4}$  cup chopped onions
- -2-3 cloves of garlic, chopped
- -3 nos. broccoli florets
- -Salt and pepper powder to taste
- - $\frac{1}{2}$  tsp olive oil

### *Preparation Method*

- 1. Put water to heat in a pan over a medium flame.
- 2. Heat the oil in a non-stick pan over a medium flame. Add onion and garlic, cook till onions turn translucent, stirring continuously. Add chicken and cook stirring until the chicken is no longer pink throughout. Remove from flame and keep aside.
- 3. Once the water boils, add the broccoli and cook for 3 to 4 minutes, remove from water and keep aside.
- 4. Boil pasta in boiling water and cook till the pasta are done, drain the pasta and add to the prepared chicken mixture and add the pan on the gas over medium flame, mix well and add the blanched broccoli and 1 cup of water in which pasta was cooked.
- 5. Add tomato puree, salt and black pepper powder, toss well, cook on medium flame for 3 to 4 minutes.