

Pesto chicken pasta (2 portions; 35 min)

For the prep

160g chicken breast
150g cherry tomatoes
1 red onion
2 cloves garlic

Trim and cut the chicken breast into thin chunks or slices, and mix in a bit of salt. Slice the onion, chop the garlic, and wash and halve the cherry tomatoes.

For the assembly

olive oil
1 tsp turmeric
¼ tsp fresh ground black pepper

100g kale
½ jar green pesto (about 100g)
1 avocado

200g wholewheat tagliatelle

Boil the kettle and put the pasta on, followed by the kale.

Heat some oil in a large frying pan, add the spices, garlic, and onions, and fry for a minute on high heat. Add the chicken (and a bit more oil if needed), mix well and fry for 5 minutes, stirring occasionally. Add the tomatoes and cook for another couple of minutes.

Quarter the avocado and slice widthways while the chicken is frying, and put aside for topping.

Drain the kale, and add it to the frying pan along with the pesto and a few tablespoons of water from the pasta. Mix well.

Drain the pasta, dish it up, and top with the sauce and avocado.