

Chicken pesto pasta

(serves 4-5 people)

This is a great mid week meal or weekend meal that the whole family will enjoy. It also does not take long to prepare but it looks and tastes like it has!!

Ingredients

* A few squirts of spray oil or 1 tbsp oil
* 2 large chicken breasts, cut into cubes
* 2 slices of bacon, chopped\*
* 2 cloves of garlic, peeled and crushed
* 1 large onion, peeled and diced
* 2 handfuls fresh spinach or 4-5 cubes/balls of frozen spinach
* 2 tbsp pesto\*
* 350g pasta\*
* Enough lower fat milk\* to cover the pasta, around 400ml-500ml
* 2 tbsp grated parmesan or other cheese, e.g. cheddar\*

Method

1. Place the oil in a large pan, and heat.
2. Add the bacon and chicken pieces and heat until cooked through.
3. Remove the chicken and keep it warm in an oven.
4. Add the onion and garlic to the bacon and cook until softened.
5. Next add the spinach and cook until wilted.
6. Meanwhile, place the pasta in a pan and add just enough milk to cover.
7. Add the pesto and cheese to the milk and pasta.
8. Add the chicken that was set aside, and the bacon mix.
9. Keep cooking until the pasta is tender.
10. Then serve and enjoy!

\*Can contain or is one of the 14 common allergens