

COMPLETE MEAL

Funky Chicken Pasta

A variation on Coronation chicken using spicy chicken breast served with pasta and vegetables in a mild curry sauce.

Makes 10 portions (242g/portion)

Ingredients

500g		7 Green Gourmet Funky Chicken 70g-100g fillets (GG code – 7284)
500g		Pasta shells
150g	(1 large)	red onion, chopped
225g	(2 medium)	red peppers, diced
225g		sweetcorn, canned or frozen
200g		ready to use curry sauce
200g		low fat mayonnaise
3g	(1 tblsp)	fresh parsley, chopped

Method

1. Cook the Green Gourmet Funky Chicken 70g-100g portions in the oven according to cooking instructions. Allow to cool. Cut into small diced pieces.
2. Cook the pasta shells in boiling water according to manufacturers instructions, drain well and refresh in cold water.
3. Combine the chicken, pasta and vegetables together and mix with the curry sauce and mayonnaise.
4. Portion, sprinkle with chopped parsley and chill until required.

Serving Suggestions

Great for a take away salad pot or as a sandwich filling. Vary by using different flavour sauces. Chick peas could also be added to increase the fibre and iron content.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
121.6	1.7	0.4	19.6	2.8	1.2
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
7.0	0.8	0.4	13.2	50.7	12.1
Folate (µg)	Sodium (mg)				
9.9	148.4				

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