

HAPPY WORLD PASTA DAY

BASIL PESTO CHICKEN PASTA



Proudly supported by
Pick n Pay

Pick n Pay 
School Club

INGREDIENTS:

- 250 g Live Well red lentil penne
- 4 chicken breasts, skinless and boneless, cut into strips
- 120 g basil pesto
- 250 ml low fat plain yoghurt
- 2 tbsp grated parmesan (optional – can substitute with nutritional yeast for dairy-free)
- A drizzle of canola oil
- 1 clove garlic
- Salt and pepper to taste
- 1 cup cherry tomatoes, halved
- 1 cup baby spinach

Proudly supported by



INSTRUCTIONS:

1. Cook the pasta according to package instructions until al dente and set aside.
2. Cut the chicken into strips.
3. In a non-stick pan, cook the chicken strips with a drizzle of canola oil and garlic until golden and fully cooked. Season with salt and pepper.
4. Add basil pesto and low fat plain yoghurt. Stir with chicken.
5. Add baby spinach and cherry tomatoes.
6. Combine with pasta.
7. Serve warm, topped with parmesan if desired.