Sun-Dried Tomato Chicken and Pesto Pasta Salad

with Rocket, Cucumber, Tomato and Greek Style Cheese

High Protein

Preparation time : 40 min.

- Ditali Pasta
- British Chicken Breasts
- Garlic Clove
- Red Onion
- Baby Cucumber
- Medium Tomato
- Basil Pesto with Cashew Nuts
- Sun-Dried Tomato Paste
- Wild Rocket
- Greek Style Salad Cheese
- Pumpkin Seeds
- Sugar for the Onions
- Olive Oil for the Dressing
- Honey

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Find the full recipe and preparation details online.
https://hfresh.cottey.fr/en-GB/recipes/sun-dried-tomato-chicken-and-pesto-pasta-salad-154

Detach me!

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Large Saucepan, Colander, Bowl, Pan, Aluminum Foil

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Ditali Pasta (grams)	90	130	180
British Chicken Breasts (unit(s))	2	3	4
Garlic Clove (unit(s))	2	3	4
Red Onion (unit(s))	1	2	2
Baby Cucumber (unit(s))	1	2	2
Medium Tomato (unit(s))	1	2	2
Basil Pesto with Cashew Nuts (grams)	30	45	60
Sun-Dried Tomato Paste (grams)	25	37½	50
Wild Rocket (grams)	20	40	40
Greek Style Salad Cheese (grams)	50	100	100
Pumpkin Seeds (grams)	15	22½	30
Sugar for the Onions (tsp)	1	1½	2
Olive Oil for the Dressing (tbsp)	1	1½	2
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2813 kJ
Energy (kcal)	672 kcal
Fat	31.1 g
of which saturates	6.6 g
Carbohydrate	52.5 g
of which sugars	17.1 g
Dietary Fibre	5.6 g
Protein	50.9 g
Salt	1.81 g

Allergens

Milk, Wheat, May contain traces of allergens, Soya, Cereals containing gluten, Cashew nuts, Peanut, Nuts

Always check the product labels for allergen information.

1

Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt**.

When boiling, add the **ditali** and bring back to the boil. Cook until tender, 10 mins.

Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together. Set aside to cool.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. **TIP:** *Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.*

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

2

Roast the Chicken

Once browned, lay the **chicken** onto a baking tray and roast on the top shelf of your oven until cooked through, 10-12 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

While the **chicken** fries, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** on the **chicken** tray until soft, 10-12 mins.

3

Caramelise the Onion

Meanwhile, halve, peel and thinly slice the **red onion**.

When the **chicken** is roasting, give the frying pan a quick wipe and return to medium heat with a drizzle of **oil**.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.

Add the **sugar for the onions** (see pantry for amount) and cook until caramelised, 1-2 mins more.

4

Finish the Prep

Meanwhile, trim the **cucumber**, then halve lengthways. Cut into roughly 2cm chunks. Cut the **tomato** into 2cm chunks.

In a large bowl, combine the **pesto** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it into the **dressing**.

5

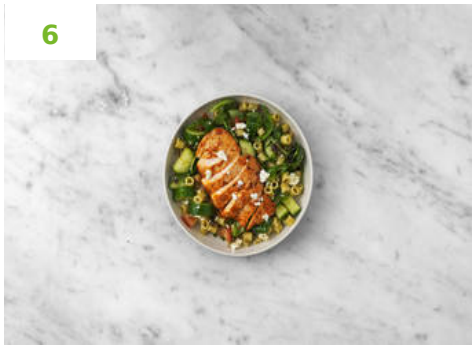
All Together Now

When the **chicken** is cooked, remove from your oven, spoon over the **sun-dried tomato paste** and drizzle over the **honey** (see pantry for amount). Turn to coat, carefully cover with foil and allow to rest for a couple of mins.

When everything's ready, add the **cucumber**, **tomato**, **caramelised onion**, **cooked pasta** and **rocket** to the **salad dressing** and toss together. Crumble in **half** the **Greek style salad cheese**.

Slice the **cooked chicken** widthways into 2cm slices.

6



Serve

Share the **pasta salad** between your serving bowls.

Top with the **sliced chicken** and finish by sprinkling over the **pumpkin seeds** and crumbling over the remaining **cheese**.

Enjoy your meal!