



Double 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/double-sun-dried-tomato-chicken-and-pesto-pasta-salad-411>

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, Knife

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Ditali Pasta (grams)	90	130	180
British Chicken Breasts (unit(s))	4	6	8
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)	3478 kJ
Energy (kcal)	831 kcal
Fat	37.2 g
of which saturates	7.1 g
Carbohydrate	52.7 g
of which sugars	17.3 g
Dietary Fibre	5.7 g
Protein	87.3 g
Salt	2.03 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.



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.



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**.



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.



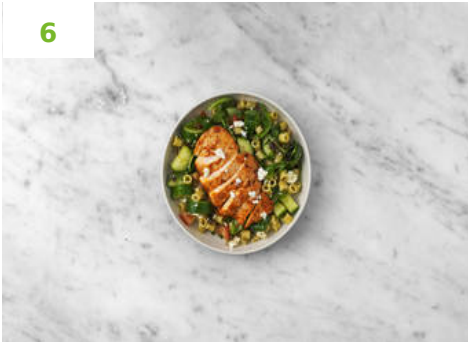
All Together Now

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**, **caramellised 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.



Caramellise 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.



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!