

Toasted Pine Nut & Chicken Pasta

Ingredients (serves 1)

- 1 chicken thigh fillet, finely diced
- 1 tbsp. pine nuts, lightly toasted
- 1 small red chilli, finely chopped
- 1 garlic clove, crushed
- 1 tsp. olive oil
- ½ red capsicum, diced
- ½ yellow capsicum, diced
- 50g high fibre pasta
- 1 cup baby spinach
- 3 leaves basil
- 1 squirt lemon juice
- pinch of salt

Method

- Heat oil in a fry pan, add chicken and cook until golden. Set aside. Sauté chilli and garlic in the same heated pan until aromatic, approximately 2 minutes. Next add the capsicums into the pan and sauté for 5 minutes. Cook pasta per packet instructions.
- Meanwhile lightly toast the pine nuts on low – medium heat in a separate pan. Keep watch! They can burn easily and quickly. Set pine nuts aside.
- Add spinach to the pan of vegetables, allow to wilt down. Add chicken to the pan to reheat through for the last 1-2 minutes. Add salt as desired.
- Serve with fresh basil leaves, a sprinkle of pine nuts and a squirt of lemon juice.