

Futuro

CHICKEN PESTO PASTA W/ BLISTERED CHERRY TOMATOES & ROAST ZUCCHINI



INGREDIENTS

2 chicken breasts, diced
3/4 packet curly fettuccine (or any pasta you like)
600ml thickened cream
Olive oil, for cooking
Salt & pepper
1/2 zucchini, cut into small pieces
1/2 punnet cherry tomatoes
Olive oil
Salt & pepper

PESTO

1 bunch fresh basil
1 can chickpeas, drained & rinsed
1 clove garlic
1/3 cup olive oil
2 tbsp parmesan cheese
1 handful baby spinach
1/2 zucchini, roughly chopped
Salt & pepper, to taste

METHOD

Make the pesto:

1. Blend all pesto ingredients in a food processor until smooth. Set aside.
2. Roast the veggies:
3. Preheat the oven to 200°C (fan-forced). Place the chopped zucchini and cherry tomatoes on a tray, drizzle with olive oil, and season with salt and pepper. Roast for 15–20 minutes until the tomatoes blister and the zucchini is lightly golden.

Cook the pasta:

4. Cook the pasta following the packet instructions. Drain and set aside.

5. Cook the chicken:

6. Heat a little olive oil in a large pan. Add the diced chicken, season with salt and pepper, and cook until golden and cooked through.

Make the sauce:

7. Lower the heat and pour in the thickened cream. Stir through half the pesto (add more to taste). Let it simmer until slightly thickened.

Bring it all together:

8. Add the cooked pasta to the pan and mix through the creamy pesto sauce. Gently stir in the roasted zucchini and blistered tomatoes.

9. Serve:

10. Taste, adjust seasoning if needed, and serve with extra parmesan or a spoonful of leftover pesto on top.