

## **Twice Cooked Parmesan Chicken on a bed of Spring Onion Pasta served with a Chunky Tomato and Basil Sauce**

### **INGREDIENTS**

Chicken Fillets – 400g  
Chunky Diced Fresh Tomatoes – 2  
Fresh Basil – 10 leaves  
Finely Chopped Fresh Garlic – 2 cloves  
Fine Diced Spanish Onions – 1 large  
Vegetable Oil – 50ml  
Black Pepper – 2 pinches  
Parmesan Cheese – 3tbsl  
Pre Cooked Pasta Shells – 200g  
Chopped Tomatoes Tinned – 400g  
Sliced Yellow Pepper - 1  
Sliced Spring Onions – 60g  
Sour Cream – 50 ml

### **Method**

1. Heat half the oil in a wok or saucepan, add the chicken breast with the parmesan cheese and pan fry until golden brown each side place the chicken into a steamer or oven at 180c until thoroughly cooked
2. In a separate wok or small saucepan heat the remainder of the oil and lightly cook the garlic being careful not to brown it, add the onions until they go soft, add the fresh chopped tomatoes and cook for 2 minutes, add the chopped tinned tomatoes, black pepper and bring to a simmer, add the yellow peppers and turn off the heat.
3. Place the cooked pasta with spring onion into a separate tear of the steamer or cover in boiling water to heat for 5 minutes
4. Place the chicken breasts onto a plate and rest for 1 minute
5. Place the hot pasta onto 4 warm plates with fresh basil leaves, place the chicken breasts onto the pasta and gently divide the sauce over the chicken. Spoon lightly the sour cream over your dish,

Serves 4 portions