

Wholesome Garlic, Chicken & Basil Penne Pasta

6-8 portions | gfo, wfo, dfo

Wholemeal pasta and 'pulse pasta' (made from legumes) are higher in protein and have more than three times as much fibre as regular pasta!

I've served it here with a light chicken, tomato and basil sauce.

Use pulse pasta or a wholemeal gluten free pasta to make this gluten free.

For a dairy free option, simply omit the parmesan.

Ingredients:

375g wholemeal penne pasta

1 tbsp olive oil

1 medium brown onion, finely diced

2 garlic cloves, crushed and finely diced

500g lean chicken mince

400g tin diced tomatoes, no added salt

1/2 cup salt-reduced, quality chicken stock

2 medium zucchinis, diced or grated

1 tbsp tomato paste

pepper, to taste

1 large handful fresh basil, roughly chopped

20g parmesan cheese, finely grated

Method:

Bring plenty of water to the boil in a large saucepan. Cook pasta according to instructions on packet.

Heat oil in a large saucepan over a medium heat. Fry onion for a few minutes then add garlic and cook, stirring until softened. Add the mince and fry, stirring frequently, until lightly browned.

Add tinned tomatoes, stock, zucchini and tomato paste, simmer over a low heat for 15 minutes.

Add pepper to taste.

Mix the sauce into the pasta and stir the fresh basil through.

Sprinkle the parmesan over the top and serve.

