



# Chicken and Vegetable Pasta

**Dinner**

Servings: 4    Serving size: 1 cup  
Calories Per serving: 364

Prep Time: 10 mins    Cook Time: 20 mins  
Carbohydrates: 27g • Protein: .27g • Fat: 16g

## Ingredients

- 1 packet (200 grams) Penne Pasta (or pasta of your choice)
- 4 Chicken Breasts, diced
- 4 cloves Garlic, minced
- 1tsp. Thyme leaves
- ¼ cup chopped Escallion
- Salt and Pepper to taste
- 2 Tbsp. Vegetable Oil
- 2 cups vegetables eg. cooked callaloo, broccoli, sweet peppers, string beans, tomatoes, etc

## Method

1. Season chicken breasts with garlic, salt, pepper and thyme leaves.
2. Bring a large pot of water to a boil. Add salt. Add the pasta and cook according to the time on the package.
3. Heat a pan large enough to hold your pasta and vegetables and add your oil. When the pan is hot, add the chicken. Allow the chicken to brown lightly but do not overcook.
4. Add your prepared vegetables of choice and toss lightly to combine.
5. Add cooked pasta and stir to combine. Finish by stirring in your chopped escallion.

**Variations:** *Spicy* - Add hot pepper when seasoning • *Tomato*: Add a tomato or pasta sauce after adding the pasta • *Vegetarian*: Replace chicken with tofu strips or other meat substitute

**N.B:** Save some of your cooked pasta water to use to add extra moisture to the dish if needed during cooking.

876-334-4998

heartfoundationja

heartjamaica

