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Fettuccine Pesto Chicken with Broccoli & Cherry Tomatoes

Roasting cherry tomatoes with balsamic vinegar renders them rich and oozing with flavour - the perfect thing for a fettuccine dish with scrumptious pesto chicken and fresh Parmesan cheese. Little trees of broccoli complete this easy to make, easy to like pasta dinner for the whole family to enjoy.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



helping hands



eat me early

Pantry Items



Balsamic Vinegar



Olive Oil



Cherry Tomatoes



Fettuccine



Broccoli



Chicken Thighs



Traditional Pesto



Parmesan Cheese

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QTY

1 punnet	cherry tomatoes
2 tbs	balsamic vinegar *
1 tbs	olive oil *
¾ packet	fettuccine
1 head	broccoli, cut into small florets
600 g	chicken thighs, chopped into 3 cm pieces
1 tub	traditional pesto
1 block	Parmesan cheese, finely grated

Ingredients

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3530	Kj
Protein	50.2	g
Fat, total	29.3	g
-saturated	6.3	g
Carbohydrate	90.5	g
-sugars	1.9	g
Sodium	318	mg

2



You will need: *chef's knife, chopping board, box grater, baking paper lined oven tray, large pot, colander, and a medium frying pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **cherry tomatoes** on the lined oven tray and drizzle with the **balsamic vinegar** and half of the **olive oil**. Toss to coat. Cook in the oven for **10 minutes** or until the tomatoes are soft and roasted.

3



3 Meanwhile, in a large pot bring some salted water to the boil. Add the **fettuccine** to the boiling water and cook for approximately **11 minutes** or until 'al dente', stirring regularly to ensure that the fettuccine does not stick. Add the **broccoli** in the last **2 minutes** of cooking. Drain the pasta and broccoli and return to the pot, off the heat. Cover with a lid.

4 To cook the **chicken thigh pieces**, heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the chicken and cook for **5-6 minutes** or until lightly browned and cooked through.

5 Add the tomatoes and chicken to the pot with the pasta and broccoli. Stir through the **traditional pesto** and season to taste.

6 Divide the fettuccine between plates, top with the grated **Parmesan cheese** and get slurpin'!

4



5



Did you know? Broccoli is high in vitamin C. One cup of chopped broccoli will give you your entire recommended daily intake!