

## 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



Cherry Tomatoes





Chicken Thighs





Traditional Pesto





Parmesan Cheese

QTY	Ingredients
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

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

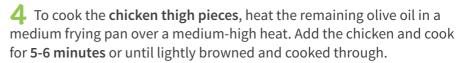


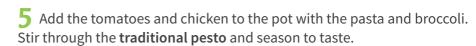
**You will need:** chef's knife, chopping board, box grater, baking paper lined oven tray, large pot, colander, and a medium frying pan.

- 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 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.











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