

Creamy Lemon Chicken Pasta

Ingredients

150g Penne Pasta

75g Green Beans or peas

1 large skinless chicken breast (approx. 200g)

1 tsb Oil

Juice of ½ a lemon

75g Cream cheese with garlic and herbs

Chicken Stock cube made with 100ml of boiling water

PLEASE BRING A SUITABLE CONTAINER WITH YOUR NAME ON IT, TO TAKE YOUR PRACTICAL HOME WITH YOU

Method

1. Bring a pan of water to the boil first, then add pasta and cook for 10 mins.
2. After 5 mins add the fine beans or peas to the boiling pasta.
3. Drain the pasta and green beans when cooked.
4. Meanwhile, cut the chicken breast in to small piece (use scissors if you wish).
5. Boil kettle and add 100ml of boiling water to a jug with your stock cube. Stir until dissolved.
6. Heat oil in a large frying pan / wok and add the chicken. Probe the chicken to check it is thoroughly cooked, it will be lightly browned and above 75°C.
7. Add lemon juice to chicken.
8. Add the stock and cream cheese, add cooked pasta and green beans and stir so the sauce coats the pasta.