



LIAM HOWELLS
PERFORMANCE NUTRITION

Creamy Roasted Red Pepper & Chicken Pasta



Calories: 297



Carbs: 38



Protein: 25



Fat: 3

SERVINGS: 6

PREPTIME: 5 MIN

COOKING TIME: 22 MIN

Ingredients

For the sauce

- 200 g red onion peeled and sliced
- 4 garlic cloves peeled and crushed
- 300 g roasted red peppers in vinegar (drained weight) roughly chopped
- 500 g passata
- 90 g Philadelphia Lightest or other low fat cream cheese
- 5 tbsp balsamic vinegar
- 1 tsp Worcestershire sauce
- 1 vegetable stock pot
- 1/2 tsp sweet smoked paprika
- 1/2 tsp dried basil

For the pasta

- 200 g dried pasta
- 3 skinless chicken breasts cubed into 2cm pieces
- 300 g mushrooms sliced
- low calorie cooking spray
- salt and pepper to taste

Directions

FOR THE SAUCE

- Add the onion, garlic and red peppers to a saucepan and gently fry over a medium heat for 10 minutes, or until the onions have softened and cooked through.
- Add the rest of the sauce ingredients, stir to combine and blend until smooth. Season with salt and pepper.

FOR THE PASTA

- Add the dried pasta to a saucepan of boiling water and cook for 10 minutes until tender (or follow the cooking instructions on your pasta packet as times may vary slightly).
- While the pasta is cooking, add the chicken into a frying pan. Spray with low calorie cooking spray and cook gently over a medium heat for 5 minutes until the outside of the chicken has turned white.
- Add the sliced mushrooms to the frying pan and cook for 2 minutes until softened slightly.
- Add the blended sauce to the frying pan and simmer for a further 5 minutes, until the chicken is cooked and white throughout.
- When the pasta is cooked, drain the water off and mix the pasta with the chicken and sauce. Season with salt and pepper to taste and serve.