

Fuelling Chicken Pasta



Serves: 6

Ingredients

400g spaghetti (or any other pasta)
500g pre-cooked chicken (breast or thigh)
1 tbsp olive oil
3 garlic cloves, crushed
1 brown onion, peeled and diced
1/2 zucchini, grated
1 carrot, grated
2 x 400g cans crushed tomatoes
1 x jar of pasta sauce
1 bunch fresh basil, roughly chopped
1/2 cup parmesan (optional)
Pinch of chilli (optional)

Method

1. Use two forks to shred pre-cooked chicken until bite sized. Set aside.
2. Heat oil in a large pot over medium heat
3. Add crushed garlic and diced onion to the pot and cook until onion is lightly browned. Then add grated zucchini, grated carrot, canned tomatoes and pasta sauce. Stir and simmer for 6-8 minutes
4. Add shredded chicken to sauce and mix to combine
5. Cook pasta as per packet instructions
6. Add drained pasta to the sauce and toss to combine
7. Toss through basil and parmesan. Serve!

