

Zesty Pasta Salad with Chicken

What you need?



2 cooked chicken fillets
3 good handfuls brown penne pasta
100g cherry tomatoes, halved
3 peppers, chopped
1 courgette, chopped
1 red onion, diced
3 handfuls of spinach
Olive oil
FOR THE DRESSING
1 tbsp olive oil
Juice of 1/2 lemon
1 tsp of Dijon or wholegrain mustard
Salt + pepper

Method:

1. Cook the pasta as per packet instructions. Drain in cold water & set aside.
2. Heat a good drizzle of oil in a large frying pan over medium heat & add the onion, peppers, courgette & pinch of salt for 10 mins until soft.
3. Once veggies are soft, stir through the pasta & cherry tomatoes. Transfer to a bowl, allow cool for 20 minutes. Stir through the spinach.
4. To make the dressing whisk the ingredients together in a small bowl.
5. Pour over the pasta salad when cool & divide between 3 lunch boxes.
6. Break up the chicken fillets with a fork & add to the top of the pasta..

How long does it take?



Time: 25 mins

Easy

Serves: 3

