

# FODMAP Recipe

## Creamy chicken pesto pasta

Serves - 4

Cooking time - 45 minutes

### Nutrition Info

Energy :	2288 kJ
Protein :	32g
Carbohydrates :	32g
Sugar :	4g
Total Fat :	31g
Saturated Fat :	11g
Fibre :	9g

### Ingredients

3 cups gluten free penne pasta, dry	350g
½ cup reduced fat cream (lactose free if required)	130g
1 bunch green spring onion tops, thinly sliced	16g
2 small cooked skinless chicken breast/roast chicken, finely shredded	250g
8 whole cherry tomatoes, halved	136g
1 cup broccoli florets, stalks removed	90g
salt and pepper to taste	1g
2 cups baby spinach leaves	76g
½ cup basil pesto (see recipe in basics section)	144g
extra pecorino cheese, finely grated to serve	10g

### Steps

1	Prepare pesto (see recipe in basics section).
2	Cook pasta according to packet directions. Drain, reserving 1/4 cup cooking liquid then set aside.
3	Return pasta to a large pan or pot over low-medium heat. Add reserved cooking liquid, cream, pesto, spring onion tops, chicken, cherry tomatoes, broccoli and baby spinach leaves. Stir until well combined.
4	Cook, stirring constantly for a further 3-5 minutes until heated through and broccoli is tender.
5	Divide between four bowls and top with extra pecorino.