



Chicken Roast Asparagus & Tomato Penne Pasta

An easy and tasty dish which uses healthy and nutritious ingredients mixed into the pasta. The rosemary and garlic bring the flavour, while the asparagus and spinach bring the healthy vibes!

Nutritional Info

Calories: 553 kcal
Carbohydrates: 66 g
Protein: 43 g
Fat: 15 g

Ingredients

- Chicken Fillet
- Asparagus
- Cherry Tomatoes
- Spinach
- Garlic
- Fresh Rosemary
- Halloumi
- Penne Pasta

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens

Wheat (Pasta)
Milk (Halloumi)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Boil the kettle and pre-heat the oven**

In boiling salted water, cook the penne over a medium heat for 15-18 minutes. Preheat the oven to 190°C.

2) **Prepare the vegetables**

While the pasta is cooking, remove approximately 3 cm from the base of the asparagus. Slice the cherry tomatoes in half. Toss them both in a bowl with some olive oil, rosemary, crushed garlic, salt and pepper.

3) **Roast the vegetables**

Pour the vegetables onto a baking tray and roast in the oven for 10-15 minutes.

4) **Pan fry the chicken**

In a hot pan, fry the chicken in some oil for 3 to 4 minutes each side or until cooked through.

5) **Combine the pasta and vegetables**

Drain the penne once it is cooked. When the vegetables are cooked add this to the penne with some more olive oil and the spinach leaves.

Slice the cooked chicken and mix through.

6) **Fry the halloumi**

In the same pan you used to cook the chicken fry 1cm cubes of halloumi until golden.

7) **Plate the dish**

Serve the golden pan-fried halloumi on top of the penne, chicken and vegetables mix. Enjoy!



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