



One Pot Cherry Tomato Linguine with Cajun Grilled Chicken

The kind of dish you can imagine eating on a hot summers day in the garden, but equally on a cold night in front of the fire. This dish is such a people pleaser - healthy, but tastes like a real treat. The pasta cooks in it's own sauce giving a luscious, flavoursome base complimented by a little kick from the cajun chicken!

Ingredients

- Linguine
- Red Onion
- Garlic
- Chicken Breast
- Cajun Spice
- Parsley
- Vegetable Stock Cube
- Parmesan
- Tomato Puree
- Green Beans
- Rocket
- Cherry Tomatoes

Your Pantry

- Olive Oil

Nutritional Info

Calories: 494 kcal
Carbohydrates: 38.4 g
Protein: 16.7 g
Fat: 6.3 g

Allergens

Milk (Parmesan)

Wheat (Linguini)


Celery (Stock Cube - may also contain traces of Egg, Soya & Mustard)

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 make the stock up to 225ml per person.

2) Prepare the vegetables

Finely slice the onions. Peel and crush the garlic. Top and tail the green beans (discard the ends) and cut them in half. Slice the cherry tomatoes in half. Finely chop the parsley.

3) Butterfly your chicken breast

Place your hand on top of the chicken fillet, slice lengthways into the chicken stopping about 1-2cm from the opposite side so that it opens up like a book lying flat. Rub each breast with a little olive oil, and the cajun spice.

4) Cook the onions

Place a large, deep frying pan on medium heat and add a little oil. Add the onions and saute for 3-4 minutes until beginning to caramelize. Add the garlic to the onions and cook for a further 1-2 minutes.

5) Grill the Chicken

Turn on the grill. Line a grill tray with tin foil (reflection helps the meat to cook underneath). Lay the chicken over the grill rack and grill for 10 minutes. Carefully turn the chicken over and grill for a further 10 minutes. Check the chicken is cooked by cutting through the middle and ensuring no pink remains. While the chicken is cooking.....

5) Cook the Pasta

Add the cherry tomatoes, linguini, tomato puree, and stock to the frying pan containing the onions. Give a good stir to stop the pasta from sticking together. Simmer for 5-7 minutes, then add the green beans. Cook for a further 5 minutes until the pasta is cooked through. Stir through the chopped parsley and season.

6) Plate the dish

Slice the chicken fillet into strips. Drop the pasta onto the plate in circular mounds, laying the chicken breast slices on top. Garnish with the parmesan and place the rocket alongside the pasta.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**