



## Fennel Chicken with Fresh Tomatoes, Toasted Pine Nuts and Pesto Pasta

This is one of our most popular dishes! All of the flavours just blend together to make an amazingly flavourful, colourful meal. Tweet or Instagram @TheHappyPear and say thanks for the fresh pesto they made just for us this week.

### Nutritional Info

Calories: 453 kcal  
Carbohydrates: 29 g  
Protein: 60 g  
Fat: 10 g

### Ingredients

- Chicken Fillet
- Cherry Tomatoes
- Garlic
- Spinach
- Linguine
- Fennel Seeds
- Fresh Rosemary
- Pine Nuts
- Happy Pear Pesto
- Parmesan Cheese
- Your Pantry**
- Olive Oil
- Salt & Pepper
- Greaseproof Paper

### Allergens

Milk (Cheese)  
Nuts (Pine Nuts, Cashews in pesto)  
Wheat (Pasta)

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) Prepare the ingredients

Chop the cherry tomatoes in half and set aside. Remove the outer layer from the garlic and squash with the flat side of your knife. Toast the pine nuts in a large pan dry, without any oil. This should only take a couple of minutes for them to brown - keep an eye so they don't burn! Remove the stem from the rosemary and coarsely chop the leaves.

## 2) Flavour the Chicken

Place the chicken on the greaseproof paper. Sprinkle the chicken with fennel seeds, rosemary and season with salt and pepper. Fold over the paper and think of something you hate! Now take your anger out by bashing and flattening the chicken to about 1.5 cm thick with a rolling pin!

## 3) Cook the Chicken

Put some olive oil in a pan on a medium heat and add the crushed garlic. Then add the chicken and cook until golden and cooked through, turning it after about 4 minutes. While the chicken cooks, go on to make the linguine.

## 4) Cook the Pasta

Boil the linguine until just al dente [firm to the bite] in salted water [10 mins approx.], and reserve 1/4 cup of the water.

## 5) Combine the pesto and tomatoes with the pasta

Once the pasta is cooked and drained, add pesto, spinach, reserved pasta water and diced tomatoes to the pot and cook, stirring for a couple of minutes until heated through.

## 7) Plate the dish

Serve the pasta with sprinkled parmesan, black pepper and toasted pine nuts. Slice the chicken breast and place this on top.



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