

# Sweet Chilli Chicken Pasta

## INGREDIENTS

500g chicken breast fillets  
250g penne pasta  
1 Tbsp olive oil  
1 red onion, thinly sliced  
2 cloves garlic, crushed  
300ml tub light cooking cream  
1/3 cup sweet chilli sauce  
1 cup frozen peas  
1/2 cup finely grated parmesan  
Salt and pepper, to taste  
Garlic bread, to serve



## METHOD

- 1 Trim any excess fat from chicken. Cut chicken into 3cm pieces.
- 2 Cook pasta in a large saucepan of boiling, salted water until tender. Drain. Return to saucepan. Cover to keep warm.
- 3 Meanwhile, heat oil in a large non-stick frying pan until very hot. Add chicken in two batches. Cook, turning occasionally, until brown and cooked. Remove from pan.
- 4 Reduce heat. Add onion and garlic to same frying pan. Cook, stirring occasionally, until onion is soft. Add cream, sauce and peas. Bring to boil. Simmer for about 2 minutes, or until peas are tender. Stir in parmesan.
- 5 Add pea mixture to pasta with chicken. Toss to combine. Season.
- 6 Serve pasta with garlic or crusty bread.

**Note:** To give this dish a little extra goodness, add 2 sliced zucchini or 200g sliced button mushrooms with the onion and garlic. Serve with steamed vegies.