

Pastas

LEMON CHICKEN AND AVOCADO PASTA



Serves 6 as a main meal

Use left-over roast chicken, buy a rotisserie chicken or simply roast or steam a few bone-in chicken breasts.

500 g spaghetti or linguini

15 ml olive oil

1 large onion, sliced

3 garlic cloves, crushed

1 red chilli, finely sliced

Peel of 1 lemon, sliced into thin strips

500 ml shredded cooked chicken

60 ml lemon juice

250 ml home-made chicken stock

60 ml roughly chopped italian parsley or basil

125 ml rocket leaves 2 avocados, peeled and diced

Salt and milled pepper

Cook pasta according to instructions.

Heat olive oil in a non-stick pan and sauté onion until just soft. Add garlic, chilli and lemon peel and cook for 1 – 2 minutes. Add chicken, lemon juice and stock and cook for about 5 minutes. Remove from heat.

Add herbs, rocket and avocado. Season well and toss gently with pasta
Serve immediately with a salad.

Recipe by Justine Drake, editor of Pick n Pay customer magazine, Fresh Living.
