

# Recipe

## **TUSCAN CHICKEN WITH PASTA (book 4)**

© Annette Sym 2011

**SERVES: 4** 

#### **INGREDIENTS**

1½ cups dried penne pasta500g skinless chicken breasts1 bunch fresh asparagus

cooking spray 2 teaspoons crushed garlic (in jar)

1 cup zucchini sliced

1 cup capsicum sliced

1 cup onion diced

2 x 425g cans crushed tomatoes

2 tablespoons no added salt tomato paste

2 teaspoons salt reduced chicken stock powder

3/4 teaspoon dried mixed herbs

2 tablespoons grated parmesan cheese



Cook pasta as instructed on pasta packet, leave to one side. Cut chicken into bite sized pieces. Cut 3cms off ends of asparagus spears and throw ends away. Cut spears into 2cm pieces. Coat a non-stick frypan with cooking spray, sauté garlic for 15 seconds, add diced chicken and cook for 3 minutes. Place asparagus, zucchini, capsicum and onion in with chicken and cook 2 minutes. Add all remaining ingredients to pan and bring to boil. Reduce heat and cook on slow boil for 5 minutes. Stir in cooked pasta.

#### Variations:

Replace Chicken with either 500g Lean Rump Steak, 500g Butterfly Pork Steaks, 400g Peeled Raw Prawns, 500g Boneless Fish Fillets or 400g Tofu.

Suitable to be frozen.

### **NUTRITIONAL INFO**

PER SERVE	CHICKEN	RUMP	PORK	PRAWN	FISH	TOFU
TOTAL FAT	5.2g	5.6g	3.6g	2.6g	3.2g	8.3g
SATURATED	1.6g	2.2g	1.2g	1.0g	1.0g	0.9g
FIBRE	6.3g	6.3g	6.3g	6.3g	6.3g	6.3g
PROTEIN	38.0g	39.0g	40.3g	30.3g	31.6g	19.8g
CARBS	35.9g	35.9g	35.0g	35.9g	35.9g	39.9g
SUGAR	10.7g	10.7g	10.7g	10.7g	10.7g	11.7g
SODIUM	273mg	267mg	370mg	555mg	316mg	211mg
CALORIES	367	374	362	315	323	312
GI RATING	Low	Low	Low	Low	Low	Low

ANNETTE'S COOKBOOKS SYMPLY TOO GOOD TO BE TRUE 1-6 ARE SOLD IN ALL GOOD NEWSAGENCIES.
VISIT ANNETTE'S WEBSITE FOR MORE DELICIOUS RECIPES AND GREAT HEALTHY WEIGHTLOSS TIPS.



