THE LIGHTER PLATE METHOD

Creamy Chicken & Greens Pasta

A yoghurt-based sauce keeps this genuinely creamy-tasting without the heaviness of double cream.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**20 min**	**30 min**	**4**	**EASY**

Ingredients

- 300 g wholewheat pasta
- 2 chicken breasts (sliced)
- 150 g baby spinach
- 100 g frozen peas
- 150 g natural yoghurt
- 2 cloves garlic (crushed)
- 30 g parmesan (grated)
- 1 lemon (zest)

Method

1. Cook the pasta in salted boiling water according to the pack instructions, adding the peas for the final 2 minutes. Reserve a cup of the pasta water before draining.
2. Meanwhile, heat a little oil in a large pan and cook the chicken for 6–7 minutes, until golden and cooked through. Add the garlic for the final minute.
3. Lower the heat, stir in the spinach until wilted, then take the pan off the heat and stir in the yoghurt — this stops it splitting.
4. Toss through the drained pasta and peas, loosening with a splash of the reserved pasta water.
5. Stir through the parmesan and lemon zest, and season well.

Tips & swaps

- Always take the pan off the heat before adding yoghurt, or it will split and turn grainy.
- Swap chicken for cooked prawns for a different version.

Storage & reheating

Keeps in the fridge for 2 days; reheat gently with a splash of water.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
460	**34g**	**55g**	**11g**	**7g**

Estimated values, for guidance only. Contains: Gluten, Milk.