

Chicken Fajita Pasta



Ingredients

- 2 large chicken breasts
- 2 red onion
- 3 garlic cloves
- 8 mushrooms
- 2 yellow or red peppers
- 80ml crème fresh
- 350g penne pasta
- 2 tbsp olive oil
- 2 tsp smoked paprika
- 1 tsp ground coriander
- 2 tsp of ground cumin
- 3 tbsps tomato puree
- grated cheddar to top



Method

- Chop the onions, crush the garlic, and slice the peppers, mushrooms and courgette finely. Then set aside.
- Measure out the spices and herbs into a small bowl and gently mix to combine. Pour 80ml of double cream into the measuring jug.
- On a separate chopping board, slice the chicken into bite-sized chunks.
- Heat the oil in a large shallow frying pan. Add the chicken and fry for 5 mins over medium heat until golden all over. Then remove and set aside on a plate.
- Put the onion and peppers in the same pan and fry over medium heat for 8-10 mins. Add the garlic, dried herbs and spices and cook for 1 min.
- Add the tomato purée and cook for 2 mins. Return the chicken to the pan and pour in the cream, stirring to combine.
- Cook the pasta following pack instructions, then drain and reserve 150ml of the cooking water. Add the pasta to the pan with 50ml of the water and stir everything together over the heat.
- Season to taste and stir through the parsley. Divide between six bowls and top with a little cheese.