

What Katie ate...

ZESTY LEMON, HERBY CHICKEN PASTA

YOU WILL NEED

4 X free range chicken breasts
400g spaghetti or tagliatelle
10 plump garlic cloves, peeled
1 tbsp squeezey basil
1 tbsp chopped parsley
Good pinch chilli flakes
Juice + zest 1 large lemon
Good quality olive oil
Maldon sea salt flakes
Freshly ground black pepper
Extra lemon wedges, to serve
Grated Parmesan, to serve

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SERVES 4

What Katie ate...

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Slice garlic cloves as thinly as you can.

Heat a good glug (at least 1 tbsp) of olive oil in a large frying pan over low-medium heat, fry garlic for 4-6 mins taking care not to let it burn.

Remove garlic from pan, drain on paper towel and set aside. Don't rinse pan.

Cut chicken into bite-sized chunks, add to same pan and fry over medium heat for 8-10 mins or until almost cooked through.

Add the garlic back in along with basil, parsley, chilli, lemon zest and juice. Coat chicken well then season with salt and freshly ground black pepper.

Cook pasta until al dente and when ready, using tongs, add to the chicken in the pan along with 1/2 cup of the pasta water. Toss well.

Serve with freshly grated parmesan and extra lemon wedges (optional).