

Broccoli Basil Pasta with Chicken

Ingredients

Amount for 4 servings

- 1 lb boneless skinless chicken breasts
 - 2 tsp vegetable or olive oil
 - 14 oz bow-tie pasta
 - 1 lb broccoli, cut into florets
 - 2 cloves garlic, crushed
 - 1 large lemon, peel grated and lemon juiced
 - 2 tbsp freshly grated Parmesan cheese
 - 1/2 cup small basil leaves, reserving a few for garnish
1. Brush chicken with 1 tsp of the oil. Season. Heat a grill pan on medium heat. Cook chicken for 5-7 mins on each side or until golden and cooked through. Transfer to a cutting board. Cover with foil and let stand for 5 mins. Slice into strips.
 2. Meanwhile, cook the pasta in a large saucepan of boiling salted water according to the package directions. Add the broccoli during the last 3 mins of cooking. Drain, reserving 1/2 cup of the cooking liquid. Return pasta and broccoli to pan. Add garlic, lemon peel and juice, Parmesan cheese, remaining 1 tsp oil, reserved cooking liquid and basil; toss to coat. Season. Serve pasta topped with reserved basil.