



Honey Mustard Chicken Pasta Salad (serves 2)

INGREDIENTS



125g spiral pasta



1 tbsp oil



1/2 onion,
Thinly sliced



1/2 tsp crushed
garlic



100g chicken
breast



1 tbsp
wholegrain
mustard



2 tbsp honey



6 cherry
Tomatoes,
Halved



handful of
rocket or baby
spinach



fresh herbs to
garnish

DRESSING INGREDIENTS



3 tbsp olive
Oil



1 tbsp sherry
vinegar



2 tbsp honey



1 tbsp thyme
leaves



salt and pepper

METHOD



1. Bring a large saucepan of lightly salted water to the boil.



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2. Add the pasta and return to the boil. Cook 10-12 minutes, or until tender. Drain the pasta and transfer into a serving bowl.



3. Heat the oil in a large frying pan. Add onion and garlic and fry for 5 minutes.



4. Add chicken and cook, stirring frequently, until just cooked through.

5. Stir the mustard and honey in to the pan and cook further until the chicken and onion are golden brown and sticky.

DRESSING



1. To make the dressing, place all ingredients in a bowl and whisk together until well mixed.

2. Pour the dressing over the cooked pasta and toss well. Stir in the chicken and onion and leave to cool.

3. Gently stir the tomatoes and salad leaves in to the pasta.

