

Chicken & Vegetable Tagliatelle

Ingredients: (serves 6)

450g boneless, skinless chicken breasts
3 tablespoons extra virgin olive oil
300g tagliatelle
3/4 cup broccoli
3/4 cup cauliflower
3/4 cup carrots
12 cherry tomatoes
2 tablespoons lemon juice



Preparation

Cut up chicken into small strips
Heat pan on medium heat with 2 tablespoons olive oil
Add chicken to pan and cook until done
Cook tagliatelle in boiling water for five minutes
Dice carrots, broccoli and cauliflower to bite-size pieces
When chicken is cooked, add broccoli, cauliflower, carrots, tomatoes and lemon juice,
cover and cook for a further five minutes
Add drained pasta to pan and then add 1 tablespoon olive oil and stir
Serve immediately