



PESTO CHICKEN PENNE

I FIRST MADE THIS DISH AS A PICNIC FOR A SIGHTSEEING TRIP AROUND CAPE TOWN WITH A VISITOR FROM KENYA, AND WE ENJOYED IT ON THE BEAUTIFUL CHAPMAN'S PEAK DRIVE WITH ITS BREATHTAKING VIEWS. IT HAS SINCE BECOME A STAND-BY MEAL FOR LAST-MINUTE DINNERS, LIKE WHEN BRIAN UNEXPECTEDLY BRINGS A FRIEND OR TWO HOME FROM WORK.



METHOD

PREPARATION TIME: 10 MIN

COOKING TIME: 20 MIN

SERVES 3-4

500g penne, cooked al dente
salted water
45ml olive oil

PESTO CHICKEN
30ml oil from homemade pesto
(see recipe on page 157)
2 cloves garlic, crushed
4 chicken fillets, cut into strips
salt and freshly ground
black pepper
15ml dried Italian herbs
250g cherry tomatoes, halved
60-90ml homemade pesto
juice and zest of 1 small lemon
Parmesan shavings, to garnish
fresh basil, to garnish

Cook the penne in salted water and half the oil until al dente. Drain, drizzle with the remaining oil to prevent from sticking, and set aside.

Heat 15ml of the pesto oil in a large saucepan and sauté the garlic for a minute. Add the chicken strips and season with salt, pepper and dried Italian herbs. Sauté for 5 minutes until almost cooked through, and drizzle with the remaining oil to prevent sticking.

Add the cherry tomatoes and cook for a further 2 minutes. Combine with the cooked penne and enough basil pesto to coat the mix. Add a squeeze of lemon and the zest. Finish with Parmesan shavings and basil leaves, and serve warm or cold.

Siba's tip...

My homemade pesto recipe has a naughty ingredient - chilli - which brightens and heats it up.

