



Three types of pasta, garden herbs and fridge drawer veg with lemon and spiced chicken

Serves 4

Dried pasta is an extremely adaptable and popular food to keep in the cupboard for those quick and easy meals when you are short of time. It's also a great food to use in a meal when using up leftover vegetables. All sorts of fresh herbs will work here as well as those vegetables from the bottom draw of your fridge and jars of spices that are nearly empty or nearing their use by date.

Ingredients

2 chicken breasts

300g pasta (store cupboard leftovers)

A generous amount of mixed fresh herbs - basil, oregano, marjoram, parsley, chives, coriander would all work well

1 lemon

Salt and pepper

A mix of spices such as cumin, coriander, turmeric and ginger. Garam masala, ras el hanout, dukkha all work well too

Olive oil

2 cloves of garlic

Any mixed vegetables such as courgette, aubergine, peppers, sweet potato, squash, cherry tomato are all great for this dish along with spring onions, red or white onions

Method

1. Cook pasta and cool down leaving in the fridge until you are ready to finish your dish.
2. Marinade the chicken with the crushed garlic cloves, spices (about half a teaspoon of each) the zest of 1 lemon and a generous amount of olive oil. Leave in the fridge to marinate overnight.
3. Dice 'fridge veg' and roast in the oven until soft and coloured nicely then add to the pasta.
4. Add the finely chopped herbs.
5. Season with salt and pepper and pop back in the fridge covered and ready for the chicken to be added.
6. When you are ready to serve, sear the chicken in a hot pan to seal the flavours in and to add some colour on the meat.
7. Cook in a hot oven 160°C for about 10-15 mins or until 75°C plus in the centre.
8. Slice while hot and pop on top or mix through the pasta salad.
9. A teaspoonful or two of pesto (red or green) could be stirred through at the end as an optional extra.



Prepared by
James Ferguson, Cooked

Chef's tip

Flavour Thesaurus by Niki Segnet will give you confidence to mix flavours and ingredients you perhaps didn't know would work which in turn will help to use leftover bits that are languishing in the fridge, freezer or store cupboards.

May

[recycleorgsy](#)

Check your collection night at gov.gg/mybinnight

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <small>May Bank Holiday</small>	2	3	4	5	6
7 <small>Bin</small>	8	9	10	11	12	13
14 <small>Bin</small>	15 <small>Bank Holiday</small>	16 <small>Liberation Day</small>	17	18	19	20
21 <small>Bin</small>	22	23	24	25	26	27
28 <small>Bin</small>	29	30	31	<div>SAVE UP TO £70 A MONTH! Whatever food you love we can help you waste less. Visit lovefoodhatewaste.gg</div>		
Spring Bank Holiday						

Handy tip

Plan once a week to do a 'freestyle' meal where you use up all leftover ingredients or food close to its use by date even if everyone has something different.

Love Guernsey
Reduce Reuse Recycle

**LOVE
FOOD**
hate waste