

Fennel, tomato & smoked chicken pasta salad



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Preparation: about 20 minutes

Cooking: about 10 minutes

Serves: 4

300g dried penne pasta

2 baby fennel, trimmed, halved and very thinly sliced

1/3 cup extra virgin olive oil

2 tbs lemon juice

Finely grated zest from 1 lemon

Salt and ground black pepper

1 cup flat-leaf parsley leaves, roughly chopped

2 green onions (shallots), trimmed and thinly sliced

250g grape tomatoes, halved

1/3 cup pine nuts, toasted

350g smoked chicken breasts, thinly sliced crossways

Finely grated parmesan, to serve

1. Cook pasta in a large saucepan of boiling water, following packet directions.
2. Meanwhile, place fennel in a bowl. Drizzle with oil and lemon juice and zest. Season with pepper to taste and stir to combine. Set aside until pasta cooks. Drain pasta, refresh in cold water. Drain well. Place in a large mixing bowl.
3. Add fennel mixture, parsley, green onions, tomatoes, pine nuts and chicken to pasta. Gently toss to combine. Serve with finely grated parmesan.



Baby fennel

- A good source of dietary fibre, which helps the intestine function well and also vitamin C, a vitamin needed to defend the body against infection.
- Has virtually no fat and few kilojoules so is a great food for those trying to control weight.
- A source of potassium (which helps balance sodium from salt) and also the B vitamin known as folate.

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