

Spinach, chicken & fennel pasta salad



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Preparation: about 30 minutes
Cooking: about 10 minutes
Serves: 4–6

For convenience, use a barbecued chicken for this recipe. The salad is also great tossed with 100g crumbled feta cheese.

300g dried casarecce*, penne or fusilli pasta
3 green onions (shallots), thinly sliced
½ cup toasted pine nuts
3 cups cooked shredded chicken
½ cup flat-leaf parsley, roughly chopped
1 small bulb fennel, trimmed, halved and very thinly sliced
50g baby spinach leaves
¼ cup extra virgin olive oil
1 tbs lemon juice
Salt and ground black pepper

1. Cook pasta in a large saucepan of boiling salted water, following packet directions, until al dente. Drain and refresh in cold water. Drain until pasta is dry.
2. Place pasta, green onions, pine nuts, chicken, parsley, fennel, spinach, olive oil and lemon juice in a bowl. Season with salt and pepper. Gently toss to combine and serve.

Casarecce is a slightly rolled tubular pasta with a firm texture, it's perfect for this salad*



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 vitamin C and potassium.