

## Chicken and Penne Pasta, Courgette Sauce and Pea and Basil Pesto

### Ingredients

- 1 packet chicken thighs
- 500g penne pasta
- 1 large courgette
- 1 large leek
- 30g basil
- Frozen peas (defrosted)
- Tesco roast chicken soup in a cup

### Method

1. Remove the skin from the chicken thighs and spread the skin on a baking sheet lined with parchment. Lightly salt the skin and place in the oven about 170°C until well roasted and crispy.
2. Remove the bone from the chicken thighs and cut the chicken meat into strips, then set aside.
3. Bring a pot of salted water to the boil, add the penne pasta, and leave to cook according to packet instructions.
4. In a large pan, add a little oil and put on a gentle heat, then add the chicken strips and sauté until cooked.
5. Dice the courgette and slice the leek.
6. Remove the cooked chicken from the pan and set aside.
7. In the same pan, cook the courgettes and leeks, then remove half the courgettes and leeks from the pan and set aside.
8. Add a cup of hot water to the remaining courgettes and leeks and stir in 2 sachets of the soup.
9. Blend this mixture to create a sauce, then add the other leek and courgette back into the sauce with the cooked chicken, along with 100g of peas and the drained pasta (You can add some pasta water if required.)
10. Make the pea pesto by blending the chopped basil with 300g of the defrosted peas with a little oil and season well (this can be done in advance.)
11. Serve the pasta in a bowl and top with the pea pesto.