

Chicken Kiev Pasta

Ingredients

- 250g pasta
- 2 courgettes, halved lengthways, sliced diagonally
 - 1 tbsp oil
- 500g sliced Chicken Breast
- 50g chopped butter or spread
 - 1 leek, trimmed, sliced
 - 4 crushed garlic cloves
 - 1 1/2 tbsp plain flour
 - 150ml milk
 - 50ml double cream
- 30g chopped fresh flat-leaf parsley leaves
- 100g finely grated hard Italian cheese
 - 50g breadcrumbs

Methods

1. Grease a baking dish.
2. Cook pasta in a large saucepan of boiling, salted water, following packet directions. Add courgette for the last 2 minutes of cooking time. Drain.
3. Meanwhile, heat oil in a large deep frying pan over medium heat. Add chicken and cook, stirring once, for 5 minutes or until golden and just cooked through.
4. Transfer to a plate.
5. Melt butter in the same pan. Add leek and cook for 5 minutes or until softened. Add garlic and flour, stirring for 1 to 2 minutes until the mixture bubbles.
6. Remove from heat.
7. Gradually stir in milk, then cream. Return to medium heat and cook, stirring constantly, for 3 to 4 minutes or until the mixture bubbles and thickens.
8. Add chicken, pasta mixture, half the parsley, and half the parmesan. Stir until parmesan just melts.
9. Preheat the grill on high.
10. Transfer pasta mixture to the prepared baking dish.
11. Combine breadcrumbs with remaining parmesan and parsley in a bowl.
12. Sprinkle over the pasta mixture.
13. Grill for 2 to 3 minutes or until golden.