

CHICKEN & PESTO PASTA TRAYBAKE



MINUTES TO PREPARE
5



TIME TO COOK
1 hr



SERVES
4

INGREDIENTS

4 chicken legs, cut into thighs and drumsticks (8 pieces in all)
400ml tin light coconut milk
400ml water
3 tablespoons pesto
Juice of 1 lemon
1 chicken or vegetable stock cube, or 1 teaspoon of vegetable bouillon
Good grind of pepper
250g macaroni pasta
Pinch of salt
Drizzle rapeseed oil

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the macaroni in a deep roasting tin. In a jug, mix the coconut milk, water, pesto, lemon juice, vegetable stock and pepper. Pour over the pasta and stir.
- 3 Place the chicken legs on top with the thighs on the outside of the tray and the drumsticks in the middle. This will allow the chicken to cook evenly.
- 4 Drizzle over the rapeseed oil and sprinkle with salt and pepper.
- 5 Cook uncovered for 55 minutes to 1 hour. Remove from the oven and leave it to rest for 3 minutes.
- 6 Serve with boiled peas or a lovely green salad.

"If you are looking to quickly prepare something that you can pop in the oven and forget about, then this is the meal for you. Time-efficient, nourishing, comforting and delicious. All it needs is 5 minutes of your time to prepare and 3 minutes at the end so that you can boil up some peas. It's become a weekly staple in our household, and I hope it will in yours too"