



15-minute chicken pasta

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 350 g pasta bows (farfalle)
- ☐ 300 g broccoli cut into small florets
- ☐ 1 tbsp olive oil
- ☐ 3 large chicken breasts boneless skinless cut into bite-sized chunks
- ☐ 2 garlic cloves crushed
- ☐ 2 tbsp wholegrain mustard
- ☐ 1 juice of orange
- ☐ 25 g almond flaked toasted

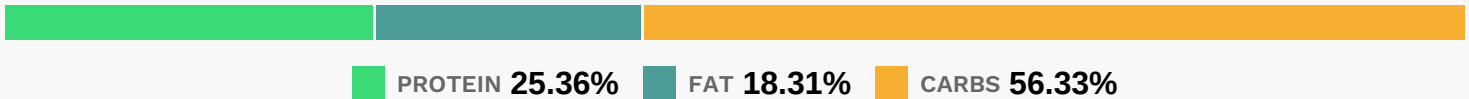
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook the pasta in plenty of boiling salted water according to the packet instructions. Three minutes before the pasta is cooked, throw the broccoli into the pasta water and continue to boil.
- ☐ While the pasta is cooking, gently heat the oil in a large frying pan or wok. Tip in the chicken and fry, stirring occasionally, until the chicken pieces are cooked and golden, about 8–10 minutes, adding the garlic for the last 2 minutes.
- ☐ Mix the mustard with the orange juice in a small bowl.
- ☐ Pour the mixture over the chicken, and gently simmer for a minute or two.
- ☐ Drain the pasta and broccoli, reserving 3 tablespoons of the pasta water. Toss the pasta and broccoli with the chicken, stir in the pasta water and the almonds, season well and serve.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:28.25, Inflammation Score:-8, Nutrition Score:30.854782511359%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 5.91mg, Kaempferol: 5.91mg, Kaempferol: 5.91mg, Kaempferol: 5.91mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 527.43kcal (26.37%), Fat: 10.7g (16.47%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 74.12g (24.71%), Net Carbohydrates: 68.21g (24.8%), Sugar: 5.26g (5.85%), Cholesterol: 54.24mg (18.08%), Sodium: 211.35mg (9.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.72%), Selenium: 87.33µg (124.76%), Vitamin C: 75.92mg (92.02%), Vitamin K: 79.02µg (75.25%), Manganese: 1.17mg (58.69%), Vitamin B3: 11.15mg (55.72%), Vitamin B6: 0.93mg (46.43%), Phosphorus: 435.86mg (43.59%), Magnesium: 106.66mg (26.67%), Potassium: 838.81mg (23.97%), Fiber: 5.92g (23.66%), Vitamin B5: 2.1mg (21.04%), Vitamin E: 2.98mg (19.86%), Copper: 0.39mg (19.68%), Folate: 74.21µg (18.55%), Vitamin B2: 0.31mg (18.08%), Zinc: 2.3mg (15.34%), Vitamin B1: 0.23mg (15.32%), Iron: 2.42mg (13.47%), Vitamin A: 528.2IU (10.56%), Calcium: 83.8mg (8.38%), Vitamin B12: 0.17µg (2.82%)