



Tapenade chicken pasta with runner beans

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 chicken breast skinless
- ☐ 3 tbsp olive oil extra virgin extra-virgin for drizzling
- ☐ 290 g kalamata olives black in brine drained
- ☐ 4 fillet anchovy
- ☐ 300 g penne pasta
- ☐ 500 g jicama peeled sliced
- ☐ 4 garlic clove chopped
- ☐ 1 to 5 chilies red hot deseeded chopped (if you don't like it too)

- ☐ 250 g cherry tomatoes halved
- ☐ 1 handful basil

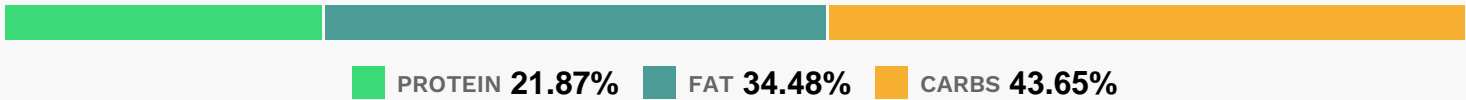
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wok
- ☐ immersion blender

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Rub the chicken with a drizzle of oil, season and roast for 20 mins until cooked through.
- ☐ Meanwhile, put the olives and anchovies into a jug with 2 tbsp of the oil and blitz to a rough paste with a hand blender (or do this in a food processor).
- ☐ Bring a large pan of water to the boil, add the penne and cook for 5 mins.
- ☐ Add the beans and cook for 5–8 mins more until they are both al dente, then drain.
- ☐ Shred the roasted chicken breasts into bite-sized pieces.
- ☐ Heat the remaining oil in a deep saut pan or wok, add the garlic and chilli, and stir-fry for 1 min. Tip in the tomatoes and cook for another 5 mins until softened.
- ☐ Add the olive mix, pasta, beans and chicken to the pan, and toss everything together. Season, stir through the basil leaves and serve.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:23.9, Inflammation Score:-8, Nutrition Score:30.11347822521%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 678.09kcal (33.9%), Fat: 26.09g (40.14%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 74.32g (24.77%), Net Carbohydrates: 62.72g (22.81%), Sugar: 6.83g (7.59%), Cholesterol: 74.72mg (24.91%), Sodium: 1284.37mg (55.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.48%), Selenium: 87.34µg (124.78%), Vitamin B3: 14.54mg (72.71%), Vitamin C: 58.05mg (70.36%), Vitamin B6: 1.18mg (58.89%), Fiber: 11.59g (46.38%), Manganese: 0.93mg (46.25%), Phosphorus: 438.62mg (43.86%), Vitamin E: 5.6mg (37.36%), Potassium: 1004.71mg (28.71%), Magnesium: 103.03mg (25.76%), Copper: 0.47mg (23.75%), Vitamin B5: 2.27mg (22.67%), Iron: 3.29mg (18.3%), Vitamin A: 786.44IU (15.73%), Vitamin B1: 0.22mg (14.6%), Zinc: 2.17mg (14.44%), Vitamin B2: 0.24mg (13.92%), Vitamin K: 13.47µg (12.83%), Folate: 46.7µg (11.67%), Calcium: 94.85mg (9.49%), Vitamin B12: 0.25µg (4.18%)