



## Penne with chicken pancetta and courgettes

Serves: 4    Preparation time: 10 Minutes    Cooking time: 15 Minutes

400g penne pasta  
100g cubed pancetta or bacon lardons  
300g chicken breast, cut into bite sized pieces  
2 garlic cloves, finely chopped  
2 medium courgettes, chopped into 1c.m dice  
1 red pepper, deseeded and sliced (optional)  
200ml half fat crème fraîche  
Black pepper  
50g mature cheddar cheese, grated

1. Bring a large pan of water to the boil and cook the pasta, following pack instructions.
2. Meanwhile dry fry the pancetta or bacon lardons in a large frying pan until golden brown and crispy. Drain and remove from the pan. Then fry the chicken pieces until the chicken is cooked through. Remove the chicken from the pan and keep warm with the pancetta.
3. Add the courgettes and red pepper to the frying pan and cook gently for 3-4 minutes until they are softened. Add the chopped garlic and cook for 1 more minute. Return the chicken and bacon to the pan and warm through.
4. When the pasta is cooked, drain in a colander and put back in the pan reserving some of the cooking liquid. Add the crème fraîche, some freshly ground black pepper and most of the grated cheddar. Add a good splash of the reserved cooking liquid if the sauce needs thinning.
5. Gently fold the chicken, bacon and courgettes into the pasta and serve with the remaining grated cheese sprinkled on top. Season with black pepper and a drizzle of extra virgin olive oil before serving.

**COOKS TIPS:** Add extra interest and flavour by making a tasty topping for your pasta dish, known as “gremolata”. Simply finely chop equal quantities of fresh parsley, fresh garlic and lemon zest and mix together. Sprinkle over the pasta dish before serving

### *Inspire Create Experience*

*Inspire communities through cooking, to provide opportunities which enable participants to learn new skills, instill confidence, be creative and experience something new.*