Main dishes / Belgium

short pasta with chicken breast and frozen peas · Belgium

A modern Belgium-inspired noodle or pasta dish with frozen peas and chicken breast.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g short pasta
- ☐ 500 g frozen peas
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 20 g wholegrain mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the short pasta according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the frozen peas and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the frozen peas and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-be-09-13-6e57664