Main dishes / Scotland

wholewheat pasta with chicken breast and green asparagus · Scotland

A modern Scotland-inspired noodle or pasta dish with green asparagus and chicken breast.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g wholewheat pasta
- ☐ 500 g green asparagus
- ☐ 10 g chives
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 15 g wholegrain mustard
- ☐ 2 g dried thyme

Let's make it.

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

02 Clean the green asparagus and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the green asparagus 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, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

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