



This recipe combines the best of the best: Italian pasta and Greek feta!

Cooking Time: 20 min

Cals 904 | Prot 59 | Carbs 119 | Fat 23

Tips For Fussy Eaters

Save the fresh basil leaves for the grown-ups.

Pro Tip

Don't boil the sauce, only simmer it - otherwise the chicken will dry out!

Ingredients	For 2	For 3	For 4	
Pasta				
Fusilli pasta	250	375	500	Grams
Sauce				
Chicken breast	300	400	600	Grams
Red onion	1	1	1	Piece
Garlic cloves	2	3	4	Piece
Cherry tomatoes	150	250	300	Grams
Water	150	225	300	ML
Chicken stock cube	0.5	1	1	Piece
Tomato passata	200	400	500	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Honey	15	15	30	Grams
Dried oregano	2	2	2	Grams
Black pepper	0.5	1	1	Tsp
Cream cheese	80	120	160	Grams
Feta cheese	50	75	100	Grams
To serve				
Fresh basil	15	15	15	Grams



1 Boil pasta

Bring a large pot of salted water to the boil. Once boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking. Drain.



4 Simmer

Add the **tomato stock, cherry tomatoes, honey, oregano** and **black pepper**. Cook for 5 min.



2 Prep vegetables

Meanwhile, chop the **chicken**. Peel and finely chop the **onion** and **garlic**. Halve the **cherry tomatoes**. Boil the **measured water** and dissolve the **stock cube** and the **tomato passata** in it.



5 Finish

Finally, add the **cream cheese** to the **tomato** sauce and mix until smooth. Toss the drained **pasta** in the **tomato sauce**.



3 Start sauce

Heat a pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken** and **onion** and fry with a pinch of **salt** for 3 min. Add the **garlic** and cook for 2 min further.



6 Serve

Divide the **pasta** among plates. Crumble the **feta cheese** over the top. Garnish with the **fresh basil** leaves. Finish with a grind of **black pepper** and a drizzle of good quality **olive oil**.



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