

TRUfree

Wheat
& Gluten
free

Chicken Pasta Salad

A quick and easy gluten and wheat free pasta salad from our sister brand, [Dietary Specials](#), perfect for picnics and parties.



Serves: 3-4



10 minutes



7 minutes

Ingredients

250g [Dietary Specials Penne Pasta](#)

225g cooked chicken breasts, cut into small slithers

85g frozen broad beans, defrosted

50g sundried tomatoes in oil, sliced

150ml yoghurt, Greek or smooth

3 tbsp mayonnaise, gluten free

1 tsp oil from the tomatoes

1 dessert spoon of olive oil

lemon zest and juice of 1 lemon

Salt and freshly ground black pepper

Sprig of basil (torn)

Method

1. Cook the pasta in plenty of boiling, lightly salted water with a dessert spoon of olive oil for about 7 minutes. Stir the pasta a couple of times when cooking to prevent it from sticking together. Drain and rinse under cold water.
2. Put the cooled pasta into a bowl and add the broad beans, sun dried tomatoes and chicken.
3. Add the dressing ingredients (yogurt, mayonnaise, tomato oil, lemon zest and juice). Stir well and season to taste.
4. Add the torn basil leaves and stir again.
5. Serve garnished with basil leaves.

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