

## Green Pasta with Chicken Tenders

### Ingredients:

- 375g dried penne pasta
- 2 bunches asparagus, trimmed, cut into thirds
- 150g pkt fresh broccoli florets
- 80g (1/2 cup) frozen peas
- 2 tbs olive oil
- 8 (about 500g) [chicken tenderloins](#)
- 200g tub hummus
- 1 avocado
- 1 tbs fresh lemon juice
- 1/2 cup fresh continental parsley leaves
- 1/2 cup fresh basil leaves
- Lemon wedges, to serve (optional)



**Method:**

1. Cook the pasta in a large saucepan of boiling salted water following packet directions or until tender, adding asparagus, broccoli and peas in the last 2 minutes of cooking. Drain, reserving 125ml (1/2 cup) of the cooking liquid. Return pasta mixture to pan
  2. Meanwhile, heat the oil in a frying pan over medium-high heat. Cook the chicken for 3 minutes each side or until golden and cooked through.
  3. While the chicken is cooking, place the hummus, avocado, lemon juice, parsley and basil in a food processor. Process until smooth.
  4. Transfer the hummus mixture and 80ml (1/3 cup) of the reserved cooking liquid to the pasta mixture, adding a little more of the reserved cooking liquid if sauce is too thick. Toss to combine. Season. Divide among serving bowls and top with the chicken. Serve with lemon wedges, if using.
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