

## Griddled Chicken with Conchiglie, Rocket and Asparagus

*MAKES:4*

*PREPARATION TIME:15 minutes*

*COOK TIME:15 minutes*

### **INGREDIENTS:**

- 225g conchiglie (shell shaped) pasta
- 250g of asparagus
- 4 tbsp Filippo Berio Olive Oil
- 1 tbsp Filippo Berio red wine vinegar
- 1 tsp Dijon mustard
- 4 skinless chicken breasts
- 50g packet rocket
- 120g sunblush tomatoes
- 40g (1 1/2oz) pine kernels, lightly toasted in a dry frying pan
- Salt and freshly ground black pepper

### **METHOD:**

Cook the pasta in plenty of boiling water for 10 minutes. Trim the woody ends off the asparagus and cut into 5 cm (2") lengths place in a steamer place over the boiling pan of pasta and cook for 5 minutes until tender crisp. Remove and set to one side while continuing to cook the pasta.

Brush the chicken portions with a little of the oil then place on the griddle pan and cook over a medium high heat for about five minutes on each side or until cooked (the juices should run clear when heat the griddle pan or heavy frying pan. Meanwhile put the remaining oil in a bowl with the vinegar and mustard season with salt and pepper and whisk together.

Add the dressing and mix well to combine. Divide between 4 warmed plates and top with the chicken breast. Drain well then return to the pan. Roughly chop the rocket and add to the pasta with the asparagus tomatoes and pine kernels when the pasta is cooked.

### **COOK'S TIP:**

For a vegetarian alternative, replace the chicken breast with cubes of mozzarella.

**Cook it with: *Classico olive oil***



