



PEAWACK & CHICKEN PASTA

Recipe by Georgia Barnabas: Winner Age 11-18 Main Course Category 2013

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Serves: 4 People
Prep Time: 15 minutes
Cook Time: 20 minutes

Ingredients:

300g any shaped pasta
300g leftover cooked chicken torn into small pieces
4 spring onions or half a red onion, thinly sliced
Small bunch of fresh basil roughly torn (from garden)
4 plum tomatoes chopped into rough quarters
Handful fresh spinach (steamed)
200g leftover garden peas (cooked)

For the dressing:

3 tablespoons mayonnaise
1 heaped teaspoon wholegrain mustard
1 teaspoon clear honey
Salt and pepper to season

Step by step:

- 1 Boil the pasta.
- 2 Cool the pasta under cold running water once cooked.
- 3 Steam the spinach until cooked.
- 4 Drain well and squeeze out the water.
- 5 Mix the mayonnaise, honey and mustard together in a large bowl (ready to take all the ingredients) and loosen with water so that it is the consistency of double cream.
- 6 Add the pasta, chicken, onions, tomatoes, peas, spinach and basil to the dressing and mix everything together gently.
- 7 Salt and pepper to season.
- 8 Serve warm or cold, do not reheat.

Each portion based on 4 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
510	7.0g	16.1g	3.1g	1.0g	8.0g
26%	8%	23%	16%	17%	33%

of an adult's guideline daily amount



**MAKE 28
TASTE GREAT!**



PEAWACK & CHICKEN PASTA

This friendly, versatile dish combines store cupboard ingredients with vegetables and leftover chicken for a delicious, award-winning recipe.

Chef's tips *from Georgia*

Keep all the ingredients in a cupboard to be able to surprise unplanned guests at short notice with this quick meal. Tinned tuna can substitute for the chicken.

Use up

Pasta, leftover meats, leafy vegetables (not lettuce).

Variations

Tinned tomatoes, spinach or garden peas can be used instead of fresh. Try any pasta and sauce with other meats and poultry, even fish.

Extra flavour

Try adding a pinch of chilli or more pepper if you like spicy food.

Freezer advice

Unsuitable for freezing but cool and keep any leftovers in an airtight container in the fridge for eating no more than 24 hours later cold (makes a great lunchtime snack). Do not reheat.

Vegetarian & vegan options

Substitute the cooked chicken with fish or quorn.

Allergy advice

Easily adaptable to avoid allergens and be suitable for most diets.

Info: 'Wack' is Liverpoolian dialect for 'friend' or 'pal'. Back in 1960s and 70s Liverpool, peawack soup was made by a whole street. Everyone would contribute to the meal and share it around family and neighbours.

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit recycleformerseysideandhalton.com

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