

Recipe by Bethany Ferguson
@bethanyfergusonfoodstyling

Protein Packed Greek Pasta Salad

Serves	2
Prep	30 Minutes
Cook	20 Minutes

INGREDIENTS

- 2 chicken breasts
- 2 lemons, zest and juice
- 1 tbsp olive oil
- 2 garlic cloves, crushed
- ½ tbsp dried oregano
- Half a red onion, finely chopped
- 2 jarred roasted red peppers, roughly chopped
- 1 small cucumber, deseeded and finely diced
- 220g cherry tomatoes, halved
- 50g pitted kalamata olives, halved
- Two large handfuls of spinach, roughly chopped
- 150g penne pasta
- 150g Rowan Glen Greek Style Natural Yoghurt
- 1 tsp dijon mustard
- 1 tsp white wine vinegar
- 1 tsp runny honey
- Handful dill, chopped
- 50g feta cheese
- Sea salt flakes and freshly ground black pepper

METHOD

1. Place the chicken breasts in a shallow bowl and add ½ tbsp olive oil, the zest and juice of a lemon, the crushed garlic, and oregano. Season and massage the marinade into the meat. Cover with cling film and leave at room temperature for 30 minutes while you prepare the ingredients for the pasta salad.

2. Add the red onion, roasted red peppers, cucumber, tomatoes, olives and spinach to a large bowl.

3. Make the yoghurt dressing by mixing the Rowan Glen Greek Style Natural Yoghurt in a small bowl with the mustard, vinegar, honey, zest and juice of the remaining lemon and dill. Season with the sea salt flakes and pepper and mix well.

4. Heat a nonstick frying pan over a medium high heat and add the remaining ½ tbsp olive oil. Add the chicken breasts and fry on both sides until golden and caramelised and cooked all the way through. Meanwhile, cook the pasta according to the packet instructions.

5. Once the chicken is cooked, wrap in tin foil and leave to rest for 5 minutes.

6. Slice the chicken into strips and add to the bowl with the chopped vegetables, cooked pasta and yoghurt dressing. Stir well until everything is well coated in the dressing, taste and adjust the seasoning accordingly.

7. Spoon into bowls, crumble over the feta and top with extra mint if desired.