

## **Chicken and Broad Bean Tagliatelle**



### **Ingredients**

**4 skinless** chicken breasts  
**1 tsp** olive oil  
**300g** tagliatelle  
**175g** broad beans  
**85g reduced-fat** crème fraîche  
**juice** 1 lemon  
**6 tbsp** parmesan , finely grated  
**small handful** parsley , chopped

**A lovely spring pasta dish!**  
**Serves 4**

### **Method**

- 1. Heat grill to high. Put the chicken onto a roasting tray, coat with the oil, season, then grill for about 12 mins, turning halfway through the cooking time.**
- 2. Meanwhile, boil the pasta, adding the beans for the final 3 mins, then drain, reserving 150ml of the cooking water.**
- 3. Shred the cooked chicken and put into the pasta pan with the crème fraîche, lemon juice, 4 tbsp Parmesan and the reserved cooking water. Heat gently, season to taste, then stir in the parsley and pasta. Serve sprinkled with the remaining Parmesan.**

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## Summer Mushroom & Chickpea Burgers



### Ingredients

1 tbsp olive oil  
200g mushrooms, finely chopped  
2 garlic cloves, crushed  
1 bunch spring onions, sliced  
1 tbsp medium curry powder  
Zest and juice of ½ lemon  
400g can chickpeas, rinsed and drained  
85g fresh wholemeal breadcrumbs  
6 tbsp low fat Greek yogurt  
Pinch of ground cumin  
2 ciabatta rolls, toasted and halved with a light drizzle of olive oil  
Handful of salad leaves

### Method

To prepare the mushroom mix:

1. Heat 1 tsp oil in a non-stick frying pan and cook the mushroom, garlic and spring onion for 5 mins.
2. Mix in the curry powder, lemon zest and juice and cook for 2 mins or until mixture looks quite dry. Tip out onto a plate to cool slightly.
3. Use a potato masher or fork to mash the chickpeas in a bowl, leaving a few chunky pieces.
4. Add the mushroom mix and the crumbs, and then shape into 4 patties.
5. Fry in the remaining oil for 3-4 mins on each side until crisp and browned. Finish off on the barbecue coals if you like.

To serve:

6. Mix the yogurt with the cumin.
7. Place half a muffin on each plate, and then spread with the yogurt and top with lettuce.

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