

Chicken and Bean Pasta



Serves	5-6
Prep time	10 minutes
Cook time	15 minutes
Total time	25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 3 spring onions (finely chopped)
- 1 heaped teaspoon minced garlic
- 200g tinned bean mix (drained and rinsed)
- 250g smooth light ricotta
- Salt
- 1/2 cup water
- 1 1/2 cup cooked chicken (diced)
- 1 tablespoon sunflower oil (or Nuttelex or Butter)
- 500g pasta (of choice)

If moderate salicylates are tolerated: (Optional)

- 1 Medium zucchini (peeled and roughly chopped)

Directions

1. Place the bean mix and zucchini (if using) in a food processor and purée. Add the ricotta, a pinch of salt and the water and blend until smooth.
2. Heat the oil in a large frying pan. Add the garlic and spring onions and cook for 2 to 3 minutes until soft.
3. Add the chicken to the frying pan and cook until heated through.
4. Add the bean mix puree to the chicken mixture and stir until smooth and heated through.
5. Cook the pasta and drain, reserving a little of the cooking water. Add the chicken sauce to the pasta with the reserved water and stir through until well combined.
6. Reheat and Serve.

Note

Low Chemical / Failsafe, Moderate Salicylates if using zucchini.