

Tuscan Chicken Pasta



Ingredients

60 grams penne pasta
2 chicken breasts, pounded to 1/2cm thick
Salt and pepper
1 tsp olive oil
1 clove garlic, crushed
1/2 tsp dried rosemary
1 cup cannellini beans, rinsed
2 tbs diced roasted red capsicum
4 cups baby spinach leaves
2 tbs grated parmesan

Method

Cook the pasta according to the package directions. While the pasta is boiling, season the chicken on each side with a pinch of salt and pepper, and sear it in a skillet over medium-high heat for 3 to 4 minutes a side.

Remove from the skillet and set aside. Add the oil, garlic, rosemary, beans, red capsicum, and spinach to the skillet. Cook, turning frequently, until the spinach wilts (1 to 2 minutes). Slice the chicken and drain the pasta; toss them with the bean mixture. Spoon the pasta into two bowls and top with Parmesan

Source: [Women's Health](#)