



Healthy chicken penne pasta (High protein)

10'
Hands on

10'
Cook Time

2-4
Portion(s)

1
Difficulty



Ingredients

- 250 g penne, high protein
- salt
- 2 chicken breast fillet
- 2 tablespoon(s) olive oil
- pepper
- 2 tablespoon(s) thyme
- 300 g strained yogurt, 2%
- 70 g honey
- 1 tablespoon(s) mustard
- 200 g corn
- 1/4 bunch mint

To serve

- mint
- thyme
- 1 tablespoon(s) olive oil

Method

- In a **pot** with boiling water, add salt and the penne pasta.
- Boil according to the package directions.
- Place a **frying pan** over high heat.
- **Cut** each fillet horizontally, so that four thinner fillets are created, and spread salt, pepper, 1 tablespoon thyme, and olive oil.
- Transfer into the hot frying pan and cook both sides for 3-4 minutes.
- In a **bowl**, add the yogurt, honey, mustard, salt, pepper, and mix with a spoon.
- Add the corn, and the thyme and mint finely chopped.
- Remove the chicken from the pan, cut it into strips, and add it to the bowl.
- Drain the penne pasta, add them to the bowl, and mix.
- Serve with mint, thyme, and olive oil.

Διατροφικός πίνακας

Nutrition information per portion

463 Calories (kcal)	4.6 Total Fat (g)	1.2 Saturated Fat (g)	68.0 Total Carbs (g)
23%	7%	6%	26%
26.0 Sugars (g)	36.0 Protein (g)	3.4 Fibre (g)	0.79 Sodium (g)
29%	72%	14%	13%