

# Jason Pettit – Capital Radio Recipe



## **Chicken, Courgette and Lemon Linguine.**

**A super quick, easy and satisfying pasta that is light in calories but big in taste!**

Makes enough for 4 people.

### **Ingredients**

200	gram	minced chicken (a mix of thigh & breast is best)
2	Tbsp	olive oil
2	lrg	courgettes (trimmed & coarsely grated)
2	lrg	garlic cloves (peeled, trimmed & finely grated)
300	gram	dried linguine
2	Tbsp	capers 2 (rinsed and drained)
5	Tbsp	crème fraiche – low fat
1	lrg	lemon (zested and juiced)
120	gram	rocket leaves (washed and drained)
Handful		basil leaves (washed, dried and torn)
		sea salt, pepper to taste

# Jason Pettit – Capital Radio Recipe

## **Method**

Bring a large pan of salted water to the boil then add the linguine.  
Cook as per packet instructions until just cooked.

Pre-heat a skillet / pan over a medium heat.  
Add the oil and swirl to coat the base of the pan evenly.

Loosen the minced chicken with your fingers then add to the pan.  
As the chicken sears, shake the pan and break up any lumps with a wooden spoon / spatula.  
Move the chicken around until it is seared all over.

Add the garlic and sauté until aromatic then season lightly with salt.

Add the grated courgette and sauté until the courgette softens – approx. 2 minutes.  
Add the capers and toss through.

Drain the linguine and keep some of the pasta water.

Add linguine, creme fraiche, rocket leaves, torn basil, lemon zest and half the juice.  
Toss together and taste.

Adjust the seasoning to taste and if the pasta looks dry, add a little of the pasta water to moisten.

Divide between 4 bowls and serve immediately.

Notes from the chef:

*When searing the chicken, do not allow it to brown or burn.*

*If using fresh linguine, double the weight of the dried linguine.*

*Depending on the type of capers you are using, the amount of salt needed to season the finished dish will vary.*

*Fresh rocket leaves have a great peppery flavour so season lightly and adjust after everything is tossed together.*

*The linguine can be substituted for fettuccine / spaghetti or tagliatelle.*

Tbsp - tablespoon

Tsp - teaspoon