



## Honey and Rosemary Butterfly Chicken, Salad and Bean Fettucine

Serves 4

Time to make 1 hour, 20 minutes (plus cooling time)

### Ingredients

600g **Waitoa Free Range Butterfly Chicken, Honey and Rosemary**

200g pack **Explore Cuisine Organic Edamame and Mung Bean Fettucine**

### Dressing

**Kenwood Triblade Handblender**

1 **NZ Avocado**

4 tablespoons plain low-fat yoghurt

2 tablespoons lemon juice

1 clove of garlic

**Countdown Select Black Pepper**

2 tablespoons chopped **Palmers Parsley**

### Salad

½ cucumber, sliced

200g fresh cherry tomatoes, halved

120g bag **Vitalvegetables Vitalsight Salad Mix**

2 tablespoons **Tasti Pumpkin Seeds**

### Instructions

Preheat fan forced oven to 190°C (350°F). Place chicken on lightly greased tray and cook for 1 hour or until cooked through, turning occasionally. Once cooked, remove and set aside to cool.

Meanwhile cook edamame and mung bean fettucine as per instructions on the packet, then drain and put aside to cool.

Make dressing by blending together the avocado, yoghurt, lemon juice, garlic, black pepper and herbs in the Kenwood Triblade bowl until smooth.

In a large mixing bowl, place cooled fettucine, cucumber, tomatoes and the cooked chicken, then stir through the dressing.

On a large platter, layer half of the vitalvegetables salad mix, top with half of the chicken salad, then repeat the layering with the remaining halves.

Top with pumpkin seeds.