

Colorful Chicken Pesto with Asparagus Sun Dried Tomatoes and Peppers

Jacob · 30/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

4

Description

Unique and fresh easy to make and looks gourmet Great to serve for company Leftovers are great hot or cold

Ingredients

- - 10 ounces uncooked angel hair pasta - 2 teaspoons olive oil - 2 skinless
- boneless chicken breast halves
- cut into strips - 1 (6 ounce) jar sun-dried tomatoes packed in oil
- drained and chopped (reserve oil) - ½ pound fresh asparagus
- trimmed - 1 yellow bell pepper
- cut into strips - 1 red bell pepper
- cut into strips - 1 cup prepared pesto - ½ cup grated Parmesan cheese - 1 pinch crushed red pepper flakes
- or to taste (Optional) - 2 teaspoons grated Parmesan cheese

Instructions

1. Fill a large pot with lightly salted water and bring to a boil. Stir in the angel hair pasta and return to a boil. Cook the pasta
2. stirring occasionally
3. until tender
4. 4 to 5 minutes. Drain well. Heat olive oil in a large skillet over medium heat; cook and stir chicken strips until lightly browned
5. about 5 minutes. Pour reserved oil from sun-dried tomatoes into the skillet; cook and stir asparagus in the oil until slightly softened
6. about 2 minutes. Add yellow and red bell pepper strips; cook and stir an additional 2 minutes. Lightly toss the chopped sun-dried tomatoes and cooked pasta into the skillet with chicken and vegetables; stir in pesto sauce and 1/2 cup Parmesan cheese. Sprinkle with crushed red pepper flakes and 2 teaspoons of Parmesan cheese to serve.