

Pasta with chicken, roasted peppers & goat's cheese

Serves 4

Prep time: 20 mins

Cooking time: 40 mins

Pasta often gets the blame for expanding waistlines, but context is key when it comes to carbs. Wholemeal pasta retains more fibre, B vitamins and minerals vital for healthy skin. When combined with adequate protein and vegetables, pasta can make for a low-GI, balanced and healthy meal. There are also some great high-fibre and gluten-free pastas available.

200 g (7 oz) wholemeal penne pasta
400 g (14 oz) jar roasted red capsicum (pepper)
2 garlic cloves, crushed
1 tablespoon red wine vinegar
1 large handful basil, chopped
1 tablespoon olive oil
400 g (14 oz) chicken breasts, cut into strips
150 g (5½ oz) baby spinach
100 g (3½ oz) goat's cheese, cubed

Cook the pasta in a large saucepan of boiling water, following the packet directions, until al dente. Drain.

Put the roasted capsicum, garlic, vinegar and half the basil in a blender and blend until smooth.

Heat the oil in a non-stick frying pan over medium heat and sauté the chicken strips, in batches, for 5 minutes or until golden. Remove from the pan and set aside.

Pour the capsicum sauce into the same pan and add the pasta and baby spinach. Warm through for 5 minutes, then stir in the chicken, remaining basil and the goat's cheese.

Spoon into bowls and enjoy straightaway.

Analysis summary (per serve)

Energy 2046 kJ (489 cal)

Protein 42 g

Total fat 12 g

Saturated fat 5 g

Carbohydrate 49 g

Sugars 16 g

Dietary fibre 9 g

The Healthy Skin Diet: Recipes & 4-week eating plan to support skin health and healing at any age by Geraldine Georgeou (Murdoch Books, £14.99) is available to buy now.