

GRILLED CHICKEN TENDERLOINS WITH ORECCHIETTE PASTA, LEMON ZEST, BASIL AND CHILLI

INGREDIENTS

200g chicken tenderloins

2 tablespoons olive oil

½ tsp red chilli, finely chopped

1 tsp garlic, finely chopped

½ tsp ginger, grated

250g orecchiette pasta, dried

50g butter

Zest of 1 lemon, finely chopped

100g cherry tomatoes, halved

4 basil leaves, finely sliced (extra for garnish optional)

salt and pepper, to season

METHOD To prepare the chicken, place the tenderloins into a large ceramic bowl and add the chilli, garlic ginger, olive oil and sea salt. Mix well to coat the chicken. Cover the bowl and place in the fridge to marinate for 2 hours or overnight.

Bring a large pot of water to a rolling boil and add a couple of teaspoons of salt. Add the pasta and stir to prevent them from sticking together. Boil according to packet instructions, drain well, stir through a dash of olive oil to prevent the pasta from sticking together and set aside.

Place a large saucepan over medium heat and add the butter. When it is foaming, add the tomatoes and lemon zest and combine. Tip in the cooked pasta and stir to coat with the butter. Add the basil leaves and seasoning. Set aside until required

Pre-heat the barbecue or chargrill pan. Place the chicken onto the barbeque or pan and cook for 3-4 minutes. Turn and cook for a further 4 minutes. Add a squeeze of lemon to the chicken when you finish cooking them.

Serve with the pasta and the tenderloins placed nicely on the top. Garnish with some fresh basil leaves. **Recipe by David Bitton**