



# Chicken, Fennel & Apple Pasta Salad



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## Ingredients (serves 4)

- 300g penne pasta
- 2 large chicken breasts
- 2 tbsp mayonnaise
- 2 tbsp natural Greek yogurt
- 2 tsp lemon zest, finely grated
- 2 spring onions, finely chopped
- 1 fennel bulb, finely sliced,
- 1 dessert apple, cored and chopped into 2cm chunks
- few sprigs of fresh tarragon, leaves chopped
- few fennel fronds, chopped
- 1 tbsp lemon juice
- salt and black pepper
- parmesan shavings

## Method

Cook the penne pasta according to the pack instructions.  
Drain and set aside to cool.

Place the chicken breasts in the bottom of a medium sized saucepan.

Season with salt and pepper.

Fill the saucepan with cold water until it reaches about 4cm above the chicken breasts.

Bring to the boil, then place a lid on the saucepan and reduce the heat to low. Lightly simmer until the chicken breasts are cooked through, about 15 minutes. The time will vary depending on the thickness of the chicken.

Remove the chicken from the saucepan and set aside to cool.

In a large bowl mix together the mayonnaise, Greek yogurt, lemon zest and spring onions.

Cut the cooled chicken breast into 2cm chunks and add to the bowl along with the fennel, apple and penne pasta. Mix well to combine making sure everything is well coated with the mayonnaise mixture.

Add the chopped tarragon, fennel fronds, lemon juice and salt and pepper to taste and mix in.

Scatter over the parmesan shavings and serve.