



PASTA with WHITE SAUCE and BASIL INFUSED OLIVE OIL

INGREDIENTS

500GM Chicken Thigh fillets cut in strips
2 Capsicum (Colour of your choice)
1 Fresh Onion (Diced) or
1 punnet Mushrooms
Handful Baby Spinach
1 - 2 Medium size carrots
1 - 2 Tbsp SATHYA Chilli & Garlic Infused Olive Oil
1-2 Tbsp SATHYA Basil Infused Olive Oil
1 Tsp Cumin Powder
Salt to taste
1 Cup Thickened cream
1 1/2 Cups Milk
Pasta
Parmesan Cheese



METHOD

Warm Chilli and Garlic Oil and 1 Tbsp of Basil Oil in pan, add Cumin powder and salt to taste and sauté fresh onion and chicken until brown, then add Capsicum, chopped up carrots and any other hard vegetables you may want to include until vegies are soft.

Add thickened cream and milk and simmer until reduced. Then add sliced mushrooms and baby spinach and cook for a further 2 minutes.

In a separate saucepan cook pasta, then drain and add to the sauce mix.

Drizzle with 1 Tbsp of Basil Oil at the end to freshen up and serve with grated Parmesan cheese

**You can use any vegetables you like, just cook the hard vegetables first to soften before adding the chicken and softer vegetables.

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