

Low Carb Creamy Smoked Chicken and Pesto Pasta

🕒 20 Minutes

🍴 4 Serves

🎯 Easy-Medium



INGREDIENTS

2pkt Konjac/Shirataki Pasta of choice (e.g. Fettuccine/Angel Hair/Spaghetti)
100g Red Capsicum/Bell Pepper
300g Smoked Chicken, torn into bite sized pieces
30g Parmesan Cheese, finely grated
100g Basil Pesto, store bought or homemade
1-2Tb Italian Parsley leaves, chopped
100g Mascarpone Cheese (or Ricotta Cheese)
2-3Tb Water

METHOD

1. Tear or slice the smoked chicken into bite sized pieces and set to the side.
2. Slice the red capsicum into julienne strips and the cherry tomatoes into halves or quarters depending on the size of the tomatoes and set these to the side. Coarsely chop the Italian parsley and set to the side.
3. Finely grate the parmesan cheese and set aside.
4. Strain your konjac pasta (I used fettuccine style) to remove the packaging liquid and then rinse it under running water.
5. Place the rinsed fettuccine into a non-stick pan over medium heat on the stove. Dry-fry (i.e. do not add any oil) the konjac pasta for 3-5 minutes to remove some of the moisture content from the konjac pasta, which also improves the uptake of flavour into the pasta when you add the other ingredients.
6. Then add the pesto, mascarpone cheese and chicken to the pan of dry-fried pasta. Stir to incorporate all of the ingredients and warm the chicken through (about 1-2 minutes). If the mixture begins to stick to the pan, add the water one tablespoon at a time so that the mixture is creamy but not sticking to the pan.
7. Now add the capsicum strips, sliced tomatoes and parmesan, reserving a little of the parmesan to sprinkle over the pasta when plating up. Stir or toss gently just to help incorporate the tomatoes and parmesan but not so much as to mash and break the tomatoes up. Let the capsicum and tomatoes warm through for another 1-2 minutes then divide the pasta mixture between four serving bowls. If you like your capsicum to be softer, add it at the same time as the chicken instead of with the tomatoes.
8. Sprinkle the reserved parmesan cheese and chopped Italian parsley over each bowl of pasta and then sit down to enjoy a creamy pasta dish that is full of punchy flavours and will satisfy any pasta lovers cravings.

Tips:

- *You can use ricotta cheese instead of mascarpone cheese if you want to reduce the calorie count. It will decrease the fat content of the dish but still retain really good keto macros.*
- *Do not be tempted to use pre-grated parmesan cheese. Freshly grated or even freshly shaved parmesan will provide a much better punch of flavour and texture (pre-grated parmesan tends to be drier, sometimes slightly powdery, and lighter in flavour).*
- *Smoked chicken: I used meat from a whole smoked chicken but you could also use just smoked chicken breasts that can be purchased on their own. Do not use thinly sliced smoked chicken deli meat.*
- *In a pinch, you can use tinned smoked chicken instead of smoked chicken breast meat but to retain its bite size and texture, ensure you treat it gently when adding it to your pasta or stirring as it will be delicate and have a tendency to break up easily.*
- *If using a store-bought basil pesto, ensure to read the nutritional label as some brands will be higher in carbs than others. The one I used only contained 5g net carbs per 100g of pesto, contributing just 1.25g net carbs to each pasta serving in this recipe.*

Nutritional Information (per serve with Mascarpone)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
444	36.6g	22.4g	12.4g	7g	5.4g