

Smoked Chicken and Pesto Keto Pasta

🕒 20 Minutes

🍴 4 Serves

🎯 Easy-Medium



INGREDIENTS

- 2pkt Konjac/Shirataki Pasta of choice (e.g. Fettuccine/Angel Hair/Spaghetti)
- (500g)
- 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 and chicken to the pan of dry-fried pasta. Stir to incorporate all 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 but remember to recalculate the nutritional values.
- Freshly grated or even freshly shaved parmesan will provide a much better punch of flavour and texture than pre-grated parmesan that tends to be dry and powdery.
- Do not use thinly sliced smoked chicken deli meat. Use meat from a whole smoked chicken, smoked chicken breasts or smoked chicken pieces.
- Adjust your nutritional values depending on the basil pesto you use. The store-bought basil pesto I used 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

Please note that the nutritional values may vary depending on the brand of ingredients that you use, and cooking techniques utilised.