

Artichoke & Vegetable Penne with Goat's Cheese



R & J Mazza
GLOBE ARTICHOKES

Ingredients

300g Penne pasta,
½ teaspoon salt,
30g butter

1 small onion, chopped,
2 cloves garlic, finely chopped,
1 tablespoon oil,
250g flat mushrooms, sliced,
200g artichokes hearts, sliced,
150g cooked chicken, shredded,
1 red capsicum, roasted and sliced,
¼ cup dry white wine,
½ cup chicken stock,
¾ cup cream,
2 tablespoons parsley, chopped,
½ cup parmesan cheese, grated,
Salt and cracked pepper, to taste,



How to Cook

1. Boil water in a saucepan, add pasta and salt. Stir occasionally while cooking.
2. Place oil in large frypan over medium heat. When hot, add onion and sauté until soft.
3. Add garlic, mushrooms, sauté until mushrooms are cooked.
4. Add artichoke hearts, cooked chicken, red capsicum, white wine and chicken stock. Cook for a further minute. Add cream and heat through. Add parmesan, salt, pepper and take off the heat. Add parsley and mix well.
5. Drain pasta when cooked and add butter. Stir well. Add sauce and mix.

Serves 6

How to Prepare Capsicum

Place capsicum in griller and cook on high. When skin turns brown, turn capsicum and continue to brown. Rotate until capsicum is all cooked. Remove from griller and set aside to cool. Once cooled, peel skin, remove seeds and slice into strips. Be careful not to overcook capsicum, as it needs to be firm.

