

# Convenient value

Eating on a budget? At Metro, you don't have to compromise on quality or flavour with our weekly meal ideas and specials!

**Premium Chicken Breast**  
from Chicken George

**\$9.99/kilo**

save \$2.99/kilo

**Cherry Tomatoes**  
from Metro Grocer

**\$2.99ea**

**Extra Virgin Olive Oil**  
from Metro Grocer

**\$4.99** per 500ml bottle  
save \$3.00

**Garofolo Pasta**  
from Metro Grocer

**\$2.99ea**

save \$1.00

**Fresh Baby Rocket**  
from Metro Grocer

**\$19.99/kilo**

save \$5.00/kilo

**Brown Onion**  
from Metro Grocer

**\$2.99/kilo**

save \$1.00/kilo



## Warm Chicken Pasta Salad

**Serves 4**

- 375g dried pasta of choice
- 1/4 cup olive oil
- 500g chicken breast fillets, trimmed
- 1 medium brown onion, thinly sliced
- 1 garlic clove, crushed
- 200g cherry tomatoes, halved
- 1/2 teaspoon dried chilli flakes
- 300ml pure cream
- 50g baby rocket

Cook pasta in a large saucepan of boiling salted water, until tender. Drain.

Meanwhile, heat 1 tablespoon of oil in a large frying pan over medium heat. Add chicken and cook. Thinly slice.

Heat remaining oil in frying pan over medium heat. Add onion. Add garlic, tomatoes and chilli. Cook for 1 minute or until aromatic.

Add cream. Cook, stirring occasionally until mixture thickens.

Place pasta, chicken and rocket in a bowl. Add onion mixture.

Toss to combine. Serve.

\*All specials valid from 5 to 12 March 2009