

Usually I try to find a translation for a bit of humour. But The Welsh have not adopted the word ?Pasta? at all it seems. I?d suggest ?Pastaio?, it might work?!

Ingredients:-

400g of Chicken Fillets, cut into strips
1 Leek the while part only, cut into strips
4 Small Mushrooms, finely sliced
2 Cloves of Garlic, minced
1 Jar of Cockles, drained
1 Tbsp of Capers, drained
100g of Leverbread
200ml of Milk (Lactose free for us)
3 Tbsp of ground Cashew Nuts
Spaghetti (Gluten free for us)
1 Generous hand full of Spinach
Grated Italian style Cheese, to garnish
Crispy Bacon, chopped, to garnish
Oil to fry
Salt & Pepper, to season

Method:-

(1) Fry the Bacon in a little Oil until very crispy. Remove and set aside.
(2) In the same Oil fry the Chicken until no-longer pink. Remove and set aside.
(3) Add the Leeks and Mushrooms, frying until softened.

(4) Add the Garlic and fry for a further minute or so.
(5) Season with Salt & Pepper.
(6) Stir the Ground Cashew Nuts into the Milk and add to the sauce.
(7) Allow to simmer until the sauce thickens.
(8) Cook the Pasta according to the packet instructions.
(9) Reserve some of the Pasta Water when draining.
(10) Add the Chicken back to the Sauce and stir in half of the Laverbread.
(11) Add the Pasta and likely cover with the Sauce.
(12) Stir in the Cockles, Capers and Spinach.
(13) Heat gently until the Spinach wilts.
(14) Serve, garnished with the Italian Style grated Cheese, Bacon, Cockles, Capers and the remain Laverbread.

This was a mountain of food and there was a hearty breakfast in the morning for me! Really good. Even if the Welsh haven?t yet adopted the word for ?Pasta??...