



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 white 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 Liverbread
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??...