

Difficulty:

Easy



Time:

60 minutes



Chicken pasta bake



Allergens: celery, milk, gluten

What is it?

An easy to prepare meal that will fill your tummies. A great source of protein, and you could add a leafy side salad or your favourite veggies for extra colour!

**AVERAGE COST
PER PERSON**

£1.88

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Diced chicken	200g	300g	400g
Pasta	150g	225g	300g
Chopped tomatoes	150g	200g	250g
Tomato puree	30g	40g	50g
Onion (diced)	1/2	1	1
Chicken stock	1tsp	1tsp	2tsp
Cheese (grated)	80g	110g	150g
Garlic clove (chopped)	1	1	2
Mixed herbs	1tsp	1tsp	2tsp

Kit list:

- Saucepan
- Frying pan
- Oven dish

Make it your own!

You could choose any shapes or colours for the pasta - fusilli, penne, macaroni - why not experiment with different types and see which is your favourite!

**Celebrate Family
Food**

Charity no.
1125784



What to do:

Step 1: Fry the diced onions and chopped garlic in a pan over a low heat (with a little oil) until they soften.

Step 2: Add the diced chicken and cook until it is sealed (cooked on the outside), then add the stock cube and simmer everything on a low heat. Add the herbs and stir.

Step 3: Give everything a good mix, then add the chopped tomatoes and tomato puree. Leave to simmer on a low heat for 15-20 minutes to allow the sauce to thicken.

Step 4: Meanwhile, boil a pan of water, adding the pasta once the water is up to temperature. Cook the pasta until it is 'al dente' (just about cooked). Drain the water away and leave the pasta to one side.

Step 5: Combine the pasta with the chicken mixture, stirring it all together. Pour into an ovenproof dish, sprinkling your grated cheese on the top. Bake in the oven at 180 degrees (gas mark 4) for around 15 minutes, or until the sauce is bubbling and the cheese is golden on top.

Serve: Dish up a hearty scoopful of pasta bake and tuck in while its hot! If you chose to add some veggies to your meal, boil your favourites while the pasta bake is in the oven and serve up as a side (we recommend broccoli or green beans). Tuck in and enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!

