LET'S EAT!

CHICKEN PASTA BAKE

60 minutes

££



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!

MAKE IT FUN!

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!

What you'll need:

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

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

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. 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 2:

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. Pre heat the oven 180 degrees/gas 4.





Step 3:

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 4:

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 for around 15 minutes, or until the sauce is bubbling and the cheese is golden on top.



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!

DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME ★1 ★2 ★3 ★4 ★5 LET'S MAKE IT AGAIN!