

Chicken pasta bake **Lunch** **Dinner** or **Freeze** serves: 6



Equipment needed:



Ingredients:

- olive oil
- 1 small onion
- 800g tinned tomatoes
- 1 cup of frozen vegetables of your choice
- 3/4 cup of water
- 1 tbsp herbs dried or fresh
- 1 medium chicken breast
- 200g spiral pasta
- 1 1/2 cups shredded mozzarella cheese

method:

1. Pre-heat the oven to 180C fan forced.
2. Cook pasta and drain it under tap water
3. Cook chicken breast and put aside
4. Heat a saucepan to high heat. add onion and cook for 3 minutes
5. Add tomato tin/s, water, frozen veggies and herbs. Stir and bring to a simmer, simmer on a low heat for 5 minutes or until thickened
6. turn off the stove and add cooked pasta and chicken and mix through
7. Place in oven proof dish, sprinkle with cheese and bake for 20 minutes or until golden
8. Once cooked let it cool for 3 minutes then serve

