



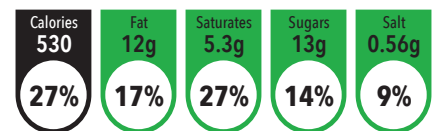
CHICKEN & TOMATO PASTA BAKE

 **Prep: 15 minutes**

 **Cook: 25 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 250g pasta
- 1 tbsp olive oil
- 500g chicken breast fillets, diced
- 1 onion, diced (200g)
- 1 carrot, diced (170g)
- 2 tsp dried mixed herbs
- 400g can chopped tomatoes
- 1 tbsp tomato puree (25g)
- 1 tsp LoSalt
- 125g pack mozzarella, torn

METHOD:

1. Preheat the oven to 200°C, gas mark 6.
2. Cook the pasta in boiling water for 8-10 minutes until just tender. Drain well.
3. Meanwhile, heat the oil in a large frying pan and fry the chicken, onion and carrot for 5 minutes. Add the herbs, tomatoes plus half the can of water, tomato puree and LoSalt and cook for a further 8-10 minutes.
4. Stir into the pasta and transfer to a serving dish, Scatter over the mozzarella and bake for 25 minutes until golden.

COOKS TIP:

Add a diced courgette to replace the chicken for a vegetarian option.