



One Pot Tomato and Chicken Pasta

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Ingredients 20 serves

- ¼ cup olive oil
- 2 onions, finely sliced
- 4 cloves garlic, crushed
- 2 carrots, grated
- 700g dried wholemeal pasta (spiral, bowties, linguini)
- 2 cups finely chopped tomatoes
- 1 cup basil leaves + extra to garnish
- 750g finely diced lean chicken
- 2 litres salt reduced chicken stock
- 1 cup water
- 1 cup frozen peas
- 1 cup frozen corn kernels
- ½ cup grated parmesan cheese

Method:

1. Heat oil in a large saucepan over medium heat.
2. Add the onion and sauté for around 2 minutes and then add the garlic and carrot and cook for an extra minute.
3. Add the pasta, tomatoes, basil, chicken, stock and water. Bring to the boil over a high heat.
4. Boil, stirring frequently for around 12 minutes or until the pasta is cooked and the water has evaporated.
5. In the last few minutes, add frozen peas and corn to heat through.
6. Remove from the heat and stir through parmesan cheese.

Notes: As a substitute for fresh tomatoes, use - 2 x 400g tinned diced tomatoes.



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