

One Pot Tomato and Chicken Pasta

Ingredients

- 2 tbsp olive oil
- 2 onions, finely sliced
- 1kg chicken breast, diced
- 4 cloves garlic, crushed
- 3 carrots, grated
- 1kg wholemeal pasta (spiral, bowties, linguini)
- 2 cups finely chopped tomatoes
- 1 cup basil leaves
- 2L salt reduced chicken stock
- 1 cup water
- 2 cups frozen peas
- 2 cups frozen corn kernels
- 60g Parmesan cheese, grated

Serves: 20

Prep Time: 20 mins

Cook Time: 20 mins



Method

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

Recipe Notes:

As a substitute for fresh tomatoes, use 2 x 400g tinned diced tomatoes. Crushed garlic from a jar is also suitable.

Allergy Notes:

- For egg allergies always check the labels for pasta. Gluten-free pastas are often egg-free, however always check labels for allergens.
- Substitute regular cheese with dairy or lactose-free cheese for children with dairy allergies or lactose intolerance.

Food Group	Serves per portion
Vegetables	1.2
Fruit	0
Grain foods	1.4
Lean meat and alternatives	0.5
Milk, yoghurt, cheese	0