

One Pot Tomato and Chicken Pasta

Ingredients

Prep Time: 20 mins

Cook Time: 20 mins

	5 serves	50 serves
Olive oil	2 teaspoons	4 tablespoons
Brown onions, finely diced	½ onion	5
Chicken breast, diced	300g	3kg
Crushed garlic	1 teaspoon	3 tablespoons
Carrot, grated	1	750g
Pasta	200g	2kg
Tinned diced tomatoes	400g	4kg
Salt reduced chicken stock	500mL	5L
Basil leaves, chopped	¼ cup	2 ½ cups
Parmesan cheese	15g	150g



Method

1. Heat olive oil in a pot over medium heat (use multiple large pots for large batch).
2. Add the finely diced onion and diced chicken. Sauté for around 2 minutes. Add the crushed garlic and grated carrot. Cook for an extra minute.
3. Add the pasta, tinned tomatoes, and chicken stock.
4. Cover and bring to boil over a high heat and then turn down to simmer. Remove lid and simmer, stirring every few minutes, for around 12 minutes or until the pasta is cooked and the sauce is thickened. Add extra water if needed.
5. Remove from the heat and stir through the chopped basil and parmesan cheese.

Recipe Notes:

Can swap diced chicken for chicken mince if preferred. This recipe yields approximately 1.5 cups per serve. Cooking time may increase for large batch cooking.

Allergy Notes:

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

Food group	Serves per portion
Vegetables	1.4
Fruit	0
Grain foods	1.1
Lean meat and alternatives	0.6
Milk, yoghurt and cheese	0