

Recipe: Chicken & Vegetables in Tomato Sauce with pasta



Makes 10 portions

Ingredient	Quantity	Ingredient	Quantity
Armando Organic Wholewheat Penne Pasta	600g	Country Range Mild White Cheddar Cheese	50g
Chicken Diced 50/50 Halal	550g	Major Gluten Free Vegetable Stock Powder Mix	10g
Royal Crown Chopped Tomatoes	500g	Country Range Extended Life Rapeseed Oil	10ml
Onions - English	100g	Fresh Basil	10g
Pepper - mixed x 3	100g	Garlic (per Kilo)	10g
Tomato Paste	50g	Chef William Mixed Herbs	4g
Courgettes	50g	Country Range Smoked Paprika	3g

Preparation method

Advance Prep:

- Place a large pan of water on to boil to cook the Pasta
- Peel and finely dice onion
- Peel and finely crush the garlic

Pasta cooking Method:

1. Add the Pasta to boiling water and cook until al dente (firm to bite/ soft)
2. Refresh under cold water to prevent overcooking, drain and mix in a small amount of vegetable oil to prevent sticking

Sauce Method

1. Heat the oil in a large pan, fry the chicken for 5 minutes until brown in colour and cooked through. remove and set aside.
2. On the same pan, fry the onions & garlic for 2 minutes.
3. Add the pepper & courgette and fry for a further 2 minutes, then add the tomato paste, veg bouillon, herbs & chopped tomatoes.
3. Add the cooked chicken and season to taste. Stir well and boil
4. Reduce the heat and let it simmer.

Reheating Method:

1. Reheat the pasta by immersing back into boiling water, drain and drizzle with vegetable oil again to prevent sticking.
2. Place the Pasta on a serving dish, and serve with chicken & tomato sauce.
3. Sprinkle the grated cheese on the top of the pasta and garnish with chopped fresh basil.

Allergen information

■ = present

■ = may be present

■ = information not available

