

Date Prepared

CHICKEN & VEGETABLE PASTA BAKE



GEORGES RIVER
LIFE CARE



INGREDIENTS

300g dried spiral pasta
Tin of corn kernels
1 large roast chicken or BBQ chicken
750ml (3 cups) milk
500ml (2 cups) salt-reduced chicken stock
2 teaspoons olive oil
1 green capsicum, deseeded, finely chopped
200g cup mushrooms, sliced
80g margarine
50g (1/3 cup) plain flour
3 green shallots, ends trimmed, thinly sliced
145g (1 3/4 cups) coarsely grated cheddar
275g (4 1/2 cups) fresh breadcrumbs
1/3 cup chopped fresh continental parsley

NUTRITIONAL INFORMATION

Serves 6

Energy	3385kJ
Fat saturated	13.00g
Fat Total	32.00g
Carbohydrate	86.00g
Dietary Fibre	7.00g
Protein	45.00g

FREEZING INFORMATION

To freeze: cool, freeze in foil tray for up to 3 months.

To thaw: place in fridge for 8 hours or until thawed

To reheat: set oven to 200°C, remove lid, bake 40 minutes until golden

METHOD

1. Preheat oven to 200°C (unless freezing for later use). Cook pasta in a saucepan of salted boiling water following packet directions or until al dente. Drain
2. Remove the chicken meat from bones. Discard bones, skin and seasoning. Shred the chicken and place in a bowl.
3. Place the milk and stock in a saucepan over medium heat and bring to a simmer. Remove from heat.
4. Heat the oil in a large saucepan over medium heat. Add the corn, capsicum and mushroom and cook, stirring, for 5 minutes or until the mushroom softens. Transfer to a plate. Melt the extra virgin spread in the pan. Add flour and cook, stirring, for 1 minute. Remove from heat. Gradually whisk in milk mixture. Place over medium heat and cook, stirring, for 2 minutes or until the sauce thickens.
5. Add the pasta, corn mixture, chicken, shallot and 40g (1/2 cup) of cheddar to the sauce. Spoon pasta mixture into a foil tray. Combine breadcrumbs, parsley and remaining cheddar in a bowl. Sprinkle over pasta mixture.

Please fix this label to the top of the tray