



Preparation: 10 mins

Cooking: 20 mins

Serves: 4

Cost: Under £6.00

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Nutritional Information

Per 435g serving

Energy	464 kcal 1887 kJ	Carbohydrate	64.8g
Fat	7.6g	Sugar	12.7g
Saturates	0.9g	Salt	0.2g
Protein	38.2g	Sodium	85mg
NSP Fibre	7.4g		

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Ingredients

- 4 Cups (300g) Pasta
- 3 (450g) Chicken Breasts
- 2 Medium Sized (300g) Onions
- 2 (6g) Garlic Cloves or 1 Teaspoon (5g) Garlic Puree
- 2 Tablespoons (20ml) Vegetable Oil
- 1 Fresh or Frozen Cup (150g) Peas
- 2 Tablespoons (30g) Tomato Puree
- 1 Can (400g) Chopped or Plum Tomatoes
- 1 Pinch Ground Black Pepper

Tips

Time Saver Tips: You can use pre-diced chicken instead of whole chicken and garlic puree instead of the garlic cloves, to save you some chopping. How about cooking some extra sauce and freezing it for a quick meal on another day?

Cost Saver Tips: Why not try using chicken thigh meat instead of breast? It's cheaper and just as tasty. You could also buy pasta in bulk when it's on offer. It's always a good idea to see what vegetables you already have in your fridge or freezer to use in this.

Tips for Kids: You could ask your little one to choose some of their favourite vegetables. There are two of their five a day in this meal, but you can always add more! Pasta comes in all shapes and sizes too – what's their favourite?



Method

1. Cook pasta as per manufacturer's instructions and drain.
2. Dice chicken into bite size pieces. Peel onion and dice. Finely chop or crush the garlic.
3. Heat oil in a large pan then add chicken and cook until sealed (2-3 minutes).
4. Add chopped onions and garlic and cook for 5 minutes.
5. Add tomato puree, chopped tomatoes and peas along with any black pepper then stir. If using plum tomatoes, chop them up using a spoon when in the pan.
6. Simmer gently for 5 minutes, then add pasta and heat through before serving.

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.