

Chicken pasta bake and garlic bread

Ingredients for 4 portions
fruit

plus salad and

2 garlic baguettes

500g chicken breast

1 Tin of chopped tomatoes

1 large or 2 small Onions

2 Cloves of garlic

350g dried egg free pasta spirals (fusilli)

Fresh or dried basil, parsley and thyme

1 Tblsp parmesan cheese (or more to taste)

1 chicken oxo cubes

Sunflower fry light

Salt and pepper to taste

Method

1. Preheat the oven. Gas no 5, 170c fan or 190c
2. Peel and chop onions, crush garlic
3. Spray a large pan with fry light and gently fry the onions and garlic until soft
4. Dice the chicken and add to the pan and fry gently until browned.
5. Add tomatoes and herbs, and season
6. Simmer gently. Add chicken stock if needed
7. Meanwhile bring a large pan of salted water to the boil. Add the pasta and cook for time recommended on the packet. Drain and rinse
8. Mix the pasta and chicken mix together.
9. Add parmesan. (save a little to sprinkle on top if wanted)
10. Bake until the top is golden brown.
11. Cook the garlic bread the wrap in foil

Prepare the salad and pack in suitable container

**BE SURE TO USE SEPARATE UTENSILS WHEN PREPARING THE
VEGETARIAN OPTION**

Penne with spinach, tomatoes and mushrooms

Ingredients for 4 portions

**plus salad and fruit
2 dairy free garlic baguettes**

150g mushrooms
150g spinach
1 Tin of chopped tomatoes
1 large or 2 small Onions
2 Cloves of garlic
Fresh basil
1 vegetable oxo cube
350g dried egg free penne pasta
100g grated vegan cheese substitute
Sunflower fry light
Lemon juice (bottled is fine)
Salt and pepper to taste

Method

1. Preheat the oven. Gas no 5, 170c fan or 190c
2. Peel and chop onions, crush garlic
3. Spray a large pan with fry light and gently fry the onions and garlic until soft
4. Add sliced mushrooms and once browned add tomatoes and basil and season
5. Simmer gently. Stir in the spinach and cook until wilted . Add vegetable stock if needed
6. Meanwhile bring a large pan of salted water to the boil. Add the pasta and cook for time recommended on the packet. Drain and rinse
7. Mix the pasta and vegetable mix together. Check the seasoning and add a little lemon juice to taste
8. Stir in the cheese saving a little to sprinkle the cheese on top.
9. Divide into containers and bake until the top is golden brown.

10. Cook the garlic bread the wrap in foil

Prepare the salad and pack in suitable container