

CLASSIC CHICKEN AND VEGETABLE PASTA BAKE

Ingredients:

Prep time: 20 minutes

Cook time: 40 minutes

Serves: 6

3 cups pasta

olive oil spray

450g lean minced chicken

1 garlic clove, crushed

1 small onion, diced

1 large carrot, diced

1 large zucchini, diced

2 cups green beans, trimmed

50g lean ham, sliced

400g can diced tomatoes

2 tbsp salt-reduced tomato paste

1/2 cup grated reduced-fat tasty cheese



Method

Preheat the oven to 180°C. Cook the pasta in a large pot of boiling water according to package instructions or until al dente. Drain and set aside.

Coat a large saucepan with a light spray of olive oil. Heat over medium heat. Add the chicken and garlic and cook for 5–8 minutes or until browned. Remove from the pan and set aside. Be sure to drain off and discard any excess liquid.

Return the saucepan to the heat and cook the onion and carrot for 3–5 minutes. Add the zucchini and beans and cook for a further 2–3 minutes. Add the chicken mixture, ham, tomatoes and tomato paste; bring to boil. Remove from the heat, add the pasta and stir to combine.

Spoon the mixture into a medium baking dish and sprinkle with grated cheese. Bake for 10–15 minutes or until the cheese is golden. Remove from the oven and rest for 5 minutes. Serve with a simple green salad.

Nutrition information

Each serve provides: 366 calories (1533 kilojoules); 30g protein; 5g total fat (3g saturated fat); 51g total carbohydrates (7g sugars); 5g dietary fibre; 421 mg sodium