

Chicken Pasta

Nut free



Serves

6

Cooking time

30

Veg per serve



3



TIP

Swap olives for sliced mushrooms.



Ingredients

- | | |
|--|------------------------------------|
| 3 cups vegetables (fresh or frozen) | 2 tablespoons chicken stock powder |
| 2 garlic cloves | 500g pasta |
| 1 tablespoon rosemary (dried or fresh) | 800g can diced tomatoes |
| 2 chicken breasts (500g) | 1 cup black olives |
| Spray oil | 2 tablespoons milk |
| 5 cups water | ½ cup grated parmesan cheese (60g) |

Equipment

- Knife
- Chopping boards
- Frypan and lid
- Large spoon
- Measuring cups
- Measuring spoons
- Can opener



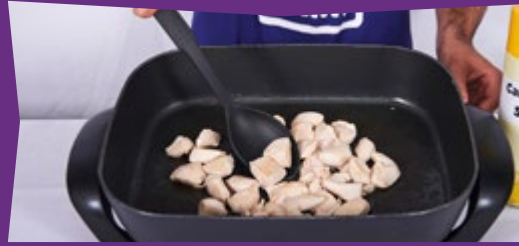
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How to make it



1. Chop vegetables (if required) and finely chop garlic and rosemary. On a clean board, chop chicken into bite-sized pieces.



2. Spray frypan with oil and turn onto medium heat. Add chicken to frypan and cook until white. Remove from pan and set aside.



3. Spray frypan with oil, add garlic and rosemary and cook for 1 minute. Add 5 cups water, 2 tablespoons chicken stock powder and 500g pasta to frypan. Stir, put lid on and cook for 7 minutes.



4. Add canned tomatoes, 1 cup black olives, 2 tablespoons milk, 3 cups vegetables and cooked chicken to frypan, stir.



5. Cook for 5 minutes with the lid off or until pasta and vegetables are cooked. Top with ½ cup grated parmesan cheese and serve.



nom!

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