



WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

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Quick Chicken and veg pasta bake

Serves: 2

Prep Time: 5 min Cooking time: 20 mins



A great recipe for using left overs from the fridge, from your store cupboard add a tin of chicken in white sauce to left over veg and cooked pasta for a quick tea.

INGREDIENTS

- 1 tin chicken in white sauce
- 2 tablespoons tinned sweetcorn
- 1 small tin carrots and peas, drained
- 3 tablespoons low fat cheddar cheese, grated.
- Ground black pepper
- Cooked pasta shells/shapes

GET COOKING

- 1 Preheat oven to 180 c/gas mk 5
2. Place the chicken in sauce, pasta and vegetables into a bowl, mix well. Season with pepper.
2. Pour the mixture into an ovenproof dish, Sprinkle on the grated cheese.
3. Place the dish in the oven for 15-20 minutes until the chicken is cooked through.

Serve with green salad and tomatoes or make a coleslaw with cabbage, onion and grated carrot, add a spoon of plain yoghurt and a spoon of mayonnaise, with a 1/4 teaspoon dijon mustard.



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