

Chicken and Vegetable Pasta



Serves 5

Ingredients

- 1 Tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic
- 1 carrot
- 1 pepper
- 1 carton of passata
- ½ chicken stock cube
- 2 Tbsp tomato puree
- ½ tsp dried oregano
- 2 chicken breasts
- 400g pasta
- handful of basil leaves
- pepper to season

Top Tip:
Grating vegetables into pasta sauces is a good way of hiding veg!



Method

1. Chop the onion and pepper into small pieces
2. Peel and crush the garlic
3. Wash and grate the carrot
4. Chop the chicken into small pieces
5. Heat the oil in a frying pan. Add the onion and garlic and cook for a few minutes
6. Add the chicken and cook for 5 minutes
7. Add the carrot and pepper and cook for a few minutes
8. Add the tomatoes, tomato puree, stock, oregano, black pepper and basil
9. Bring to the boil and simmer until the sauce has thickened
10. Whilst the sauce is cooking put the pasta into boiling water and simmer for around 10 minutes until tender
11. Drain the pasta and mix in the sauce
12. Serve with grated cheese