

Chicken Parmigiana Pasta Bake

hellóchef

Juicy chicken, comforting pasta and a creamy tomato sauce – what's not to like!

Cals 1048 • Prot 78 • Carbs 114 • Fat 33

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🕒 cook: 40 min

R2212



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Grated Parmesan 4*	30	45	60	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	1	2	Tbsp
Tomato sauce				
Farfalle pasta 10*	250	375	500	Grams
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Tomato paste	50	70	70	Grams
Tomato passata	200	400	500	Grams
Water	150	75	200	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Brown sugar	5	8	10	Grams
Cooking cream 4*	100	200	200	ML
Black pepper	0.5	0.5	1	Tsp
To serve				
Grated mozzarella 4*	100	150	200	Grams
Fresh basil	15	15	15	Grams

Allergens

*4 Milk, *10 Wheat, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4375 / 1048
Fat (g)	32.8
of which saturates (g)	16
Carbohydrate (g)	114
of which sugars (g)	15.2
Fiber (g)	10.7
Protein (g)	77.5
Salt (g)	3.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake chicken

Preheat the oven to 200°C/180°C fan. Bring a pot of salted water to a boil. Chop the **chicken** into bite-sized pieces and add to a large bowl. Toss the **chicken** with the **grated Parmesan** and a pinch of **salt** and **pepper**. Add the coated **chicken** to a large baking dish with a drizzle with **olive oil**. Bake for 10 min. After 10 min, remove the dish from the oven and set aside. The **chicken** does not need to be cooked through at this point. Leave the oven on.



2 Boil pasta

Once the water is boiling, add the **pasta** and cook for 8-10 min until 'al dente' or cooked to your liking and drain.



3 Make sauce

Meanwhile, peel and finely chop the **onion**. Peel and mince the **garlic**. Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** with a pinch of **salt** and fry for 5 min. Add the **tomato paste** and **garlic** and fry for 1 min further. Add the **tomato passata**, **measured water**, {0.5/1/1} **chicken stock cube**, **brown sugar**. Simmer for 5 min until thickened.



4 Add cream

Add the {100/100/200} ml **cooking cream** and mix well. Season with **salt** and **pepper** to taste.

Tip! If you like, use a food processor or blender to get the sauce extra smooth.



5 Combine

Add the **pasta** to the **tomato sauce** and mix well.



6 Serve

Pour the **tomato pasta** over the **chicken** in the baking dish and mix well. Sprinkle with the **grated mozzarella** and bake for 10-15 min further until the **cheese** is golden brown. Meanwhile, pick the **basil** leaves and use as garnish.