

# Cheesy Chicken and Tomato

## Pasta Bake

**hellóchef**

Because a comforting cheesy pasta bake is always a great idea!

Cals 1063 • Prot 74 • Carbs 122 • Fat 31

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🕒 cook: 30 min

R2944





Before you start

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

Ingredients

Bake	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Penne <b>10*, 11*</b>	250	375	500	Grams
Salt	1	1	2	Tsp
Red onion	1	1	2	Piece
Carrot	1	2	2	Piece
Olive oil	1	2	2	Tbsp
Garlic paste	10	15	20	Grams
Dried oregano	2	2	4	Grams
Peeled plum tomatoes	400	400	800	Grams
Balsamic vinegar <b>14*</b>	15	22	30	ML
White sugar	5	5	10	Grams
Tomato paste	30	50	70	Grams
Water	100	350	200	ML
Black pepper	0.5	0.5	1	Tsp
Chicken stock cube <b>4*, 5*, 9*, 15*</b>	0.5	1	1	Piece
Cream cheese <b>4*</b>	80	120	160	Grams
Grated mozzarella <b>4*</b>	60	90	120	Grams
Grated cheddar <b>4*</b>	60	90	120	Grams

Allergens

**\*10 Wheat, \*11 Gluten, \*14 Sulphur Dioxide, \*4 Milk, \*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)	4453 / 1063
Fat (g)	30.5
of which saturates (g)	20.9
Carbohydrate (g)	122
of which sugars (g)	21.4
Fiber (g)	13
Protein (g)	73.6
Salt (g)	3.7

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



1 Boil pasta

Preheat the oven to 200°C/180°C fan. Add the **penne** pasta to a large pan of salted boiling water. Boil for 8-10 min until "al dente". Drain.



2 Prep

Meanwhile, peel and finely chop the **red onion**. Peel and grate or chop the **carrot**. Chop the **chicken breast** into bite-sized pieces.



3 Make sauce

Heat a large pan over a medium-low heat with a drizzle of **olive oil**. Add the **onion** and **carrot** and cook for 5 min until softened. Add the **garlic paste**, **chicken** and **oregano** and cook for 2 min further. Add the **peeled plum tomatoes** (breaking them up with a spatula), **balsamic vinegar**, **sugar**, **tomato paste**, **water**, **pepper** and {0.5/1/1} **stock cube**. Simmer for 5 min.

**Tip!** Adding sugar to the sauce enhances the tomatoes' natural sweetness.



4 Add

Add the drained **pasta** and **cream cheese** to the **sauce** and give everything a good mix up.



5 Layer bake

Pour half of the **tomato** and **pasta** mixture into a large baking dish. Top with the **grated mozzarella cheese**. Pour the remaining **tomato** and **pasta** mixture over the **mozzarella** layer.



6 Bake

Finally, top with the **grated cheddar**. Bake in the oven for 15-20 min until golden and bubbling on top. Allow to cool slightly before serving.

**Tip!** Leave the bake to cool for 10 min before tucking in - lower temperatures intensify flavours!