

# Chicken and Broccoli Pasta Bake



## Ingredients

350g Pasta shells or quills

200g Broccoli - Cut into very small florets with the stems thinly sliced

2 Tablespoons oil (olive oil, vegetable oil or any will do)

350g Boneless skinless chicken breasts (thinly sliced) or a vegetarian alternative

175g Mushrooms (optional)

4 Tablespoons tomato puree

80g Soft cheese with garlic and herb (Boursin or similar)

284ml Carton of single cream

## For the topping

85g Grated cheese

2 Spring onions

1 clove of garlic (finely chopped)

## Method

- 1) Fill a large saucepan with water, put it on the hob and bring to the boil.
- 2) Add the pasta shells or quills, stir well and cook for 8-10 minutes.
- 3) While your pasta is cooking, cut your broccoli into small pieces.
- 4) When your pasta has cooked for 8-10 minutes add your broccoli and cook together for 5-6 minutes.
- 5) Drain your pasta and broccoli and then put it back in the saucepan.
- 6) Cut your chicken into thin slices. If you are using a meat free alternative, these usually come in cubes or strips.
- 7) Heat the oil in a frying pan and add your chicken/vegetarian option and fry until lightly browned.
- 8) Cut your mushrooms into quarters (if you are including them) and add to your chicken/vegetarian option and fry for 2 minutes.
- 9) Stir your tomato puree, soft cheese and single cream into the chicken in the frying pan.
- 10) Let it simmer gently until the soft cheese has melted.
- 11) Preheat your oven to 180c/gas mark 4.
- 12) Pour the contents of the frying pan over the pasta and broccoli in the saucepan, stirring gently so the pasta is coated in the sauce.
- 13) Spoon the coated pasta into an ovenproof dish and make sure the mixture is level.
- 14) Grate your cheese and finely chop your spring onions and garlic. Then mix them together.
- 15) Sprinkle your mixture over the top of your pasta.
- 16) Bake in the oven for 20 minutes or until golden.

