



Chicken bake pasta

Ingredients

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone cheese
- 4 skinless chicken breasts, sliced into strips
- 300g penne pasta
- 70g mature cheddar, grated
- 50g mozzarella, grated
- ½ small bunch of parsley, finely chopped
- Salt and pepper, to taste

Instructions

1. Make the Tomato Sauce

In a medium saucepan, heat 2 tbsp olive oil over medium heat. Add the chopped onion and cook gently for 10–12 minutes, until softened. Stir in the garlic and chilli flakes and cook for 1 minute.

Pour in the chopped tomatoes and stir in the sugar. Season with salt and pepper. Let simmer uncovered for 20 minutes, or until the sauce thickens. Stir in the mascarpone until smooth and creamy. Remove from heat.

2. Cook the Chicken

In a separate non-stick frying pan, heat 1 tbsp olive oil over medium-high heat. Season the chicken strips with salt and pepper, then fry for 5–7 minutes, or until fully cooked and golden. Set aside.

3. Prepare the Pasta

Preheat the oven to 220°C (200°C fan) / Gas mark 7.

Cook the penne according to the package instructions. Drain, then toss with the remaining 1 tbsp olive oil.

4. Assemble the Bake

In a medium ovenproof dish, combine the cooked pasta and chicken. Pour the creamy tomato sauce over the top and stir gently to combine. Sprinkle over the cheddar, mozzarella, and chopped parsley.

5. Bake and Serve

Bake in the preheated oven for 20 minutes, or until golden and bubbling on top. Serve hot — with

garlic bread or salad on the side, if desired.

Nutrition Facts Per serving (1/6 of the recipe)

- Calories: 585 kcal
- Protein: 39g
- Carbohydrates: 42g
 - Sugars: 7g
 - Fiber: 4g
- Total Fat: 28g
 - Saturated Fat: 11g
- Cholesterol: 110mg
- Sodium: 450mg
- Calcium: 260mg (≈25% DV)
- Iron: 2.5mg (≈14% DV)
- Potassium: 750mg