



CHICKEN AND BROCCOLI PASTA BAKE- SERVES 2
ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 200g or 1 chicken breast or thigh (Tofu, Lentils, TVP, - MF)
- 1/2 tsp dried thyme *(or other herbs and/or spices of choice)*
- 100g dried pasta of choice (G.F pasta- G.F)
- 2 tbsp (20g) flour *(all purpose / plain)* (G.F flour, cornflour, rice flour- GF)
- 1 cups (375ml) chicken stock (Vegetable Stock- MF)
- 1 cups milk (250ml) (Lactose Free Milk, Plant Based Milks-L.F)
- 1 tsp garlic *minced*
- 1 tbsp / 15g unsalted butter , *recommended but optional* (Olive Oil Spread-L.F)
- 1/2 large broccoli *or 1 medium broccoli or cauliflower*
- 1/2 large cauliflower *or 1 medium cauliflower*
- 3/4 cups shredded cheddar, colby cheese or tasty cheese (Vegan Cheese-L.F)
- Salt and pepper

Equipment:

- Small- Medium Baking Dish
- Chopping Board
- Sharp Knife
- Foil
- Cheese Grater (not critical)
- Microwave safe bowl or cup

Method:

1. Preheat oven to 200°C/ 180°C fan-forced).
2. Prepare chicken and vegetables ready for cooking. Slice chicken into small portions, chop broccoli and cauliflower into small florets, prepare chicken stock if using powder, melt butter in a microwave safe bowl or cup, grate cheese if needed.
3. In a bowl, sprinkle chicken with salt (be generous), pepper and thyme, toss to coat.



4. Spread pasta in a baking dish. Sprinkle flour all across the surface (don't dump in clumps or else it won't dissolve). Pour over milk and broth, add garlic and butter. Stir.
5. Spread chicken over the top, then broccoli and cauliflower.
6. Cover with foil, bake for 20 minutes
7. Remove foil, STIR WELL. Add most of the cheese, then STIR WELL again. Top with remaining cheese.
8. Return to oven. Bake for 15 – 20 minutes until top is golden and sauce is thickened
9. Stand for a few minutes then serve immediately!

Nutritional Tips:

- Use whole wheat or “pulse” pasta, like chickpea or lentil pasta for added fibre and nutrition.
- Swap half the cheese for nutritional yeast or use low-fat cheese to reduce saturated fat.
- Frozen broccoli is often cheaper than fresh and works just as well in this dish.
- Bulk up the meal with extra vegetables like mushrooms or spinach.
- If dairy is expensive, use plant-based milk and nutritional yeast for a budget-friendly alternative.

Recipe Notes:

1. **Pasta** – The best pasta to use for this recipe is spirals because the flour can't get caught anywhere (for example, inside penne / macaroni pasta etc.). To make this with penne or macaroni, place the flour in a small bowl and add a splash of the milk, then mix until dissolved and lump free. Then add the rest of the milk, mix, then pour it into the baking dish. That is the only change required.
2. **Frozen broccoli:** Thaw and shake off excess water before using (otherwise it drops too much liquid while baking + takes too long to cook). Frozen thawed cauliflower requires the same.
3. **TROUBLESHOOTING:** The cook time for this sort of recipe is affected by the strength of your oven. Weak = undercooked pasta, raw chicken and watery sauce at end of cook time per recipe. Just leave it in the oven! If the cook time is way out for you and the top is too brown, cover with foil or a tray and put it back in the oven.



Storage Information:

In the fridge:

- **Storage time: 3 to 4 days**
- **Tips:**
 - Let it **cool completely** before storing.
 - Store in an **airtight container** or tightly wrapped in foil/plastic wrap in baking dish.
 - Reheat in the **oven** at 175°C for 15–20 minutes or until heated through, or use the microwave.

In the freezer:

- **Storage time: Up to 2 to 3 months**
- **How to freeze:**
 1. Let it cool completely.
 2. Wrap the baking tray tightly with **plastic wrap** and then **foil**, or use a freezer-safe container.
 3. Label with the date.
- **Reheating from frozen:**
 - Thaw in the fridge overnight, then reheat in the oven at 175°C for about 30 minutes.
 - If reheating directly from frozen, it may take 45 minutes to an hour — cover it with foil to avoid drying out.


Recipe Credit:

Nagi Maehashi

<https://www.recipetineats.com/healthy-chicken-and-broccoli-pasta-bake/>



Nutritional Information:

Chicken & Broccoli Bake		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	3219.3 kJ	37 %
Protein	50.8 g	102 %
Fat, total	28.6 g	41 %
- saturated	17.1 g	71 %
Carbohydrate	67.1 g	22 %
- sugars	17.8 g	
- lactose	0.4 g	
- galactose	0 g	
- starches	39.4 g	
Dietary Fibre	14.6 g	49 %
Sodium	837.8 mg	36 %
Vitamin C	320.2 mg	
Vitamin A	256.3 µg	
Calcium	633.8 mg	
Iron	4 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		
Full Info at cronometer.com		</>

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