



# CHEF BRAD'S

## HEALTHIER COOKING CORNER

### Cheesy Chicken Pasta Bake

#### INGREDIENTS

- 2 cups washed and halved cherry tomatoes
- 1| 1lb pack of Gluten Free pasta (Ziti, Rigatoni or Penne)
- 2 teaspoons olive oil
- 1 chopped onion
- 2 cloves garlic, crushed or minced
- 1lb skinless and boneless chicken thighs or breast, diced
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 2 teaspoons dried parsley flakes
- 1 tablespoon vegetable stock powder
- 1 | 24oz bottle of Tomato Sauce
- 2 tablespoons tomato paste
- 1 cup skim/low fat milk (or almond milk)
- 2 tablespoons cornflour/cornstarch + 1/4 cup water , mixed
- 1 cup light grated mozzarella cheese
- 1/4 cup grated parmesan cheese





# Directions



1. Preheat oven to grill/broil settings on medium heat. Place the cherry tomatoes in a single layer on an oven tray lined with foil; spray with olive oil spray (or drizzle with a small amount of olive oil), and bake until soft and cooked through (about 10 minutes)
2. Boil the pasta following packet instructions in salted water.
3. While the pasta is boiling, in a separate large oven-proof pan, fry the onion and garlic until fragrant. Add the chicken pieces and sear until golden. Add the herbs, stock powder and salt to your tastes. Stir the Passata (or tomato sauce) and the tomato paste through the chicken; bring to a gentle simmer while stirring occasionally until the sauce begins to thicken. Add in the roasted cherry tomatoes and stir through.
4. Pour in the milk and the corn/flour mixture, and stir again until sauce is creamy and thick..
5. When the pasta is al dente, drain and stir the pasta through the chicken. Mix half of the mozzarella cheese through the pasta; sprinkle the top with remaining cheeses. Add any extra cherry tomatoes over the top to garnish (optional).
6. Bake in the preheated oven for 10 minutes, or until the top is golden and the cheese has melted through.

Optional:

- Sprinkle with extra dried oregano and basil for extra flavor!

## NUTRITION

**Calories: 467kcal | Carbohydrates: 48.5g | Protein: 34.5g | Fat: 13.8g | Fiber: 1g**

