

OUR RECIPE

MEATY
RECIPE

Creamy Chicken Pasta

Serves 10

INGREDIENTS

80g, onions (finely diced)
4 cloves, garlic (grated)
40g, baking margarine
400g, chicken diced
40g, plain flour
250ml, milk
150ml, vegetable or
chicken stock
450g, pasta of your choice



TOP TIPS

Why not add some broccoli florets to your pasta and cook it together and add it to the dish to help towards your five a day.

METHOD

1. Fry off the onions and garlic in the margarine over a low heat.
2. Start cooking the pasta following pack instructions.
3. Add the chicken to the onion and garlic pan and continue to cook over a low heat.
4. Once the chicken starts to colour, add the flour to coat the chicken.
5. Then add the milk and slowly add the stock until you get a thick creamy consistency. Cook for a further 10 mins.
6. Drain the pasta and combine with chicken and sauce. If the sauce is a little thick, add a little of the cooked pasta water to loosen the sauce.