



Broccoli and Chicken Pasta Bake

Serves 6

List of ingredients

350g pasta shapes
3 cups chopped broccoli
1 tsp oil
300g chicken thigh, sliced thinly
1 pottle of 5% fat philadelphia cream cheese
½ cup trim milk
2 cups sliced silverbeet – green part only
100g grated edam cheese
3 slices stale bread made into fresh crumbs

How to cook the dish

Add pasta to boiling, salted water and cook for 5 minutes.
Add broccoli and cook further 3-4 minutes.
Drain and return to pan.
Add oil to a fry pan and fry chicken until browned
Mix together cream cheese, trim milk and add to pasta and broccoli.
Grease a large oven proof dish and add pasta, chicken, chopped silverbeet and stir together.
Top with grated cheese and fresh breadcrumbs.
Bake 20 – 25 minutes at 180°C oven.

Tip: Fresh bread crumbs are easier to make if the bread is stale. Just pinch off little bits of bread and place into the freezer in a plastic bag when you have stale bread