

Creamy Chicken Tomato Pasta

Traffic light category: **Green**

Serves: 8

Ingredients

- 2 tablespoon olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 400g lean chicken breast, diced or 400g cooked chicken meat, diced
- 400g canned Italian-style diced tomatoes
- ½ tablespoon dried basil leaves
- ¾ teaspoon white sugar
- ¼ teaspoon dried oregano
- ¼ teaspoon ground black pepper
- ½ cup reduced fat or light cooking cream
- 1-2 cups baby spinach
- 300g pasta

Method

1. In a saucepan add oil and saute onion for two minutes, add garlic, stir regularly, making sure it doesn't burn
2. Add chicken and sauté until nearly cooked. If using precooked chicken meat skip step 2 and add chicken at step 4
3. Add tomatoes, basil, sugar, oregano and pepper. Simmer for 3 minutes or until most of the liquid evaporates
4. Remove from heat, stir in cream, reduce heat and simmer 2 minutes, add spinach, simmer for 1 minute
5. Cook pasta as per directions, spoon sauce over pasta
6. Serve immediately.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1193.3kJ	531.9kJ
Protein	17.7g	7.9g
Total fat	9.2g	4.1g
Saturated fat	3.1g	1.4g
Carbohydrate	30.9g	13.8g
Sugars	4.3g	1.9g
Dietary fibre	3.4g	1.5g
Sodium	115.4mg	51.4mg

Adapted from taste.com



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