

Vege Pasta Bake

Traffic light category: **Green**

Serves: 15

Ingredients

- 500g lean chicken mince or 500g of chopped cooked chicken
- 500g shell or penne pasta
- 1 cup frozen peas and corn
- 1 zucchini, finely grated
- ½ bunch bok choy
- 400g tin of lentils, drained and rinsed
- 400g tin chopped tomatoes
- ½ teaspoon dried or 1 teaspoon fresh basil and oregano
- 1 cup reduced fat ricotta cheese
- 1½ cups shredded reduced fat cheese

Method

1. Preheat oven to 180°C
2. Sauté chicken mince in large fry pan until cooked through, if using cooked chicken add at step 5
3. Cook pasta in boiling water until al dente, drain and return to pot
4. Add, peas and corn, grated zucchini, bok choy, lentils, tinned tomato and herbs to pasta
5. Stir ricotta and cooked chicken (if using) to pasta mix and stir to combine
6. Spoon into individual aluminium square containers, sprinkle with shredded cheese and bake in oven to melt cheese and brown.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1096.5 kJ	586.2kJ
Protein	18.5g	9.9g
Total fat	6.2g	3.3g
Saturated fat	2.9g	1.6g
Carbohydrate	30.7g	16.4g
Sugars	1.9g	1.0g
Dietary fibre	2.7g	1.5g
Sodium	196.8mg	105.2mg



Supporting healthy choices

☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](https://www.facebook.com/wascainc)

💻 waschoolcanteens.org.au [t /wascainc](https://www.twitter.com/wascainc)