



## Chicken & Broccoli Pasta Bake

This is a most satisfying dish which is easy to make and is one our favorites! The broccoli, mushrooms and chicken make this a hearty dish that is perfect for colder evenings. The flaked almonds bring a gourmet sprinkle as a finishing touch.

### Ingredients

- Chicken Fillet - Diced
- Tenderstem Broccoli
- Chestnut Mushrooms
- Garlic
- Onion
- Flaked Almonds
- Conchiglie Pasta
- Crème Fraîche

### Your Pantry

- Olive Oil
- Salt & Pepper

### Nutritional Info

Calories: 645 kcal  
Carbohydrates: 67 g  
Protein: 49 g  
Fat: 19 g

### Allergens


Nuts (Flaked Almonds)  
Wheat (Pasta)  
Milk (Crème Fraîche)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Preheat the oven 190°C.**

### 2) **Cook the pasta**

Bring a large pot of salted water to the boil. Add in the pasta and cook for about 6-8 minutes. While the pasta is cooking, move on to the next step.

### 3) **Prepare the vegetables**

Slice the chestnut mushrooms. Chop the broccoli into big pieces. Crush the garlic. Slice the onion.

### 4) **Cook the chicken**

Heat some oil in a large pan. Add the diced chicken and fry until lightly browned.

### 5) **Add the vegetables**

In the same pan as the chicken, add in the mushrooms, onions and garlic and fry everything together for about 2 minutes. Reduce the heat and add the crème fraîche and broccoli, gently simmering for another 2 minutes. Season with salt & pepper. The sauce should be quite loose, or it may dry out in the oven. If the sauce is quite thick and sticky, add a splash of milk to loosen it.

### 6) **Put the bake in the oven**

Strain the pasta and add it to an ovenproof dish. Pour the chicken and vegetables sauce over the top, stirring everything gently together. Sprinkle the almonds over the top. Bake in the oven for 10 minutes until golden brown.



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