

Tomato and Rosemary 'Chicken' Pasta Bake

Background

Children usually like pasta bake and this is a healthy alternative with texture.

High in protein and vitamin C

Portion sizes		Nutrients per 100g	
Population Group	Portion size (g)	Nutrient	Amount Units
Primary, 7-10 yrs	240	Energy	102.6 kcal
		Fat	1.2 g
Secondary, 11-18 yrs	300	SatFat	0.2 g
		Carb	19 g
		NMES	0 g
		Fibre	3.2 g
		Prot	4.5 g
		Iron	0.6 mg
		Calc	20.5 mg
		Vit A	102.7 µg
		Fol	21.9 µg
		Vit C	7.9 mg
		Sodium	72.8 mg
		Zinc	0.5 mg



Ingredients

Gastronorm	1 x quarter 1/1	1 x half 1/1	1 x 1/1	2 x 1/1
Primary portions	10	20	40	80
Secondary portions	8	16	32	64
Quorn 'chicken' or alternative vegetarian 'chicken'	450g	900g	1800g	3600g
tomatoes, canned	1200g	2400g	4800g	9600g
onions, chopped	100g	200g	400g	800g
garlic, peeled and crushed	24g	48g	96g	192g
rosemary, fresh	25g	50g	100g	200g
chilli powder	1.25g	2.5g	5g	10g
spinach, chopped roughly	150g	300g	600g	1200g
pasta, corn, dry	500g	1000g	2000g	4000g
pepper, black, to taste	0.2g	0.4g	0.8g	1.6g

Method

1. Fry the onions until soft and golden and add the garlic and chilli powder.
2. Stir for a few minutes then add the tomatoes and rosemary.
3. Cook for 15 minutes or more and then add pepper and the 'chicken' pieces.
4. Add the spinach and only cook this for a minute or two.
5. Add the cooked (al dente) pasta and place the mixture into a (greased) ovenproof dish.
6. Cook in the oven at 225°C/425°F/gas mark 7 for 20-30 minutes or until the top looks slightly crunchy.



Serving suggestion
Green salad