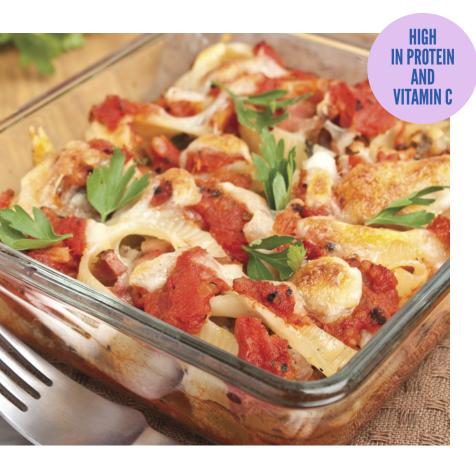
Tomato and Rosemary 'Chicken' Pasta Bake





Background

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

Portion sizes		Nutrients per 100 g		
Population group	Portion size (g)	Nutrient Energy Fat	Amount 102.6 kcal 1.2 g	
Primary 7-10 years	240	Sat Fat Carb NMES	0.2 g 19 g 0 g	
Secondary 11-18 years	300	Fibre Prot Iron	3.2 g 4.5 g 0.6 mg	
Time 1 hour		Calc Vit A Fol Vit C Sodium Zinc	20.5 mg 102.7 µg 21.9 µg 7.9 mg 72.8 mg 0.5 mg	

Ingredients

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

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.

