

# Tomato and Rosemary 'Chicken' Pasta Bake



## Recipe

HIGH  
IN PROTEIN  
AND  
VITAMIN C

## 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	Amount
Primary 7-10 years	240	Energy	102.6 kcal
		Fat	1.2 g
Secondary 11-18 years	300	Sat Fat	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



Time  
1 hour

## 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'	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.



**Serving suggestion**  
Green salad