

Penne Pomodoro with Chicken (serving 10pax)

Secondary School (per serving)

150gm Wholemeal Penne Pasta
70gm Skinless Grilled Chicken
50gm Carrot, Mushroom & Onion

Primary School (per serving)

75gm Wholemeal Penne Pasta
70gm Skinless Grilled Chicken
50gm Carrot, Mushroom & Onion

Ingredient (For Pasta)

400gm Wholemeal Penne – Boiled and drained

Ingredient (For Chicken)

1.2kg Skinless Chicken Boneless Thigh
Pinch of Fine Salt
5gm Black Pepper
10gm Lemon Juice
5gm Cooking Oil

Ingredient (For Pomodoro Sauce)

100gm Dice Carrot
50gm Diced Onion
50gm Button Mushroom
200gm Tomato Sauce
50gm Tomato Puree
5gm Dried Oregano
5gm Dried Basil
5gm Cooking Oil
½ Teaspoon Mince Garlic

Method

- 1) Cut chicken to required weight and put in bowl
- 2) Add salt, black pepper, lemon juice, cooking oil and bake at 200Deg Cel. For 15min
- 3) Heat pot and add cooking oil, garlic, oregano, basil, carrot, onion, mushroom
- 4) Add in tomato sauce and tomato puree and come to a boil
- 5) Serve pomodoro sauce on pasta and chicken on top