



Allergy information

Milk and wheat (gluten)*
Presence of allergens can vary by brand – always check product labels.
(If you serve food outside the home you must make allergen information available when asked).

Serves 4

Ingredients

- 320g pasta any shape
- 180/200g pack reduced fat cream cheese
- 40g Parmesan or similar Italian hard cheese or reduced-fat Cheddar cheese
- 335g broccoli (medium sized head of broccoli)
- 2 chicken breasts (300g)
- Black pepper
- 1-2 cloves of garlic (or garlic powder
¼ of 5ml spoon = 1 clove)
- 15ml vegetable oil
- 12 cherry tomatoes (160G)
- To serve: crispy green salad

Equipment

- Chopping board
- Sharp knife
- 2 medium bowls for broccoli and cooked chicken
- 2 small bowls for cheese and tomatoes
- Colander
- Measuring spoons
- Garlic crusher (optional)
- Scales
- Grater
- Deep frying pan or medium saucepan
- Large saucepan
- Plastic spatula or wooden spoon
- Kettle

Method

1. Use a chopping board and a sharp knife, trim and cut or break the broccoli into bite-size florets. Set aside in a bowl.
2. Peel and finely chop the garlic or use a garlic crusher to mince the garlic. Alternatively use garlic granules.
3. Grate the cheese and set aside in a small bowl.
4. Halve the cherry tomatoes and set aside until serving.
5. Cut the chicken into bite-size pieces. Wash your hands after handling the raw meat.
6. Heat the oil in the frying pan on a medium heat. Add the chicken and cook for 6-8 minutes until the meat turns from pink to white. Stir occasionally.
7. Add the garlic and black pepper and cook for a few more minutes. Once the chicken is cooked transfer it to a bowl and set aside.
8. Boil a kettle in preparation for cooking the pasta. Fill a saucepan with the boiling water and add the pasta to cook. It takes about 10 minutes the same time as it takes to make the sauce. Add the broccoli after 5 minutes.
9. Reuse the frying pan (no need to wash it) to make the sauce. Using a low heat add the cream cheese to the already warm pan. The cream cheese will start to melt, watch it carefully and stir occasionally.
10. Once the cream cheese has melted add in half the grated cheese and stir until melted and then add the remaining cheese.
11. Maintain the low heat, continue to stir and add the chicken back in to heat through. Season the sauce to taste with black pepper.
12. Check to see if the pasta and broccoli are cooked
13. When cooked, drain the pasta and broccoli in a colander, retain some of the water (200-250ml)
14. Add the pasta and broccoli to the sauce and combine. If the sauce is a little dry or thick loosen by adding some of the retained water
15. Mix everything together and plate up. Top with a few halved tomatoes.

Serve with crispy green salad.

Tips and alternatives

- Use a kettle to boil the water for the pasta rather than bringing the water to the boil on the hob. It uses less electricity and helps to keep energy costs down.
- To avoid the pasta sticking always use a large saucepan and make sure the water is boiling fully before you add the pasta.
- For a vegan/vegetarian friendly version of the recipe: replace the chicken with 160g frozen Edamame beans. Cook them at the same time as the broccoli. Use free-from soft cheese and hard cheese as alternatives to the dairy-based versions. Mushrooms also make a tasty alternative to the chicken. Slice the mushrooms and sauté them in 15ml oil/olive oil spread for about 5 minutes at step 9 before adding the cream cheese.