by Bruce Arell

CHICKEN

AND RKOCCOLI

ALFKEDO

Arell

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

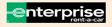
Ingredients

- 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 1⁄4 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

- 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.
- 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.



