



Sovereign™

FULL OF GOODNESS

COOK UP A TASTE OF HOME

with
LEE DURU

RECIPE

CHICKEN PASTA BAKE WITH, SWEET PEPPER, TOMATO AND FETA CHEESE (BREAST FILLET)

COOKING TIME: 1 HR
SERVINGS: 4

EQUIPMENT REQUIREMENTS

- Oven
- Heavy base pan
- Casserole dish for baking
- Pot for pasta
- Sieve
- Colander
- Pasta fork / spoon
- Serving spoon
- Chef's knife, serrated knife
- Zip lock bag
- Wooden spoons

INGREDIENTS

- 400 g chicken breast
- fillets, cut into strips
- 1 Tbls paprika
- Salt and pepper
- Penne pasta
- Olive oil
- 50 g feta cheese
- 100 g baby tomatoes
- ½ red pepper, sliced
- Sauce:
 - 500 ml cream
 - 1 Tsp corn flour mixed in water
 - ½ Tsp Dijon mustard
 - 50 feta cheese
 - Parsley

INSTRUCTIONS

- Pre-heat oven to 180°.
- Cook penne in salted boiling water until just cooked, remove from heat and rinse under cold running water.
- Coat chicken with paprika by placing ingredients in zip lock bag and shaking until chicken is well coated.
- Heat pan and add 2 table spoons of olive oil, add chicken and fry until golden brown.
- Remove chicken and set aside.
- Make sauce by adding cream to pot and boiling, add cornflour mix and cook until thickened, add mustard and feta cheese.
- Place pasta and chicken in casserole dish with tomatoes and pour sauce over, mix to ensure even coating.
- Top with sliced sweet pepper and feta cheese, bake for 25 min until golden brown.
- Remove from oven, use spoon to cut out a portion plate and garnish with chopped parsley.