

# Chicken & Pumpkin Pasta Bake

This comforting pasta dish is easy to make and full of wholesome veggies and topped with cheesy breadcrumbs. Protein and carbohydrate dense, this recipe is sure to fill little tummies.



Serves 10 children



60 minutes

## INGREDIENTS

Pumpkin, peeled, deseeded, diced

800g

Carrot, peeled, diced 2 large

Olive oil 1 tsp (5ml)

Chicken breast, skin removed, diced

2 breasts (approximately 300 g)

Mushroom, finely sliced 200g

Milk, reduced fat 160ml

Pasta shells, white or wholemeal

200g

Bread, wholemeal 2 thick slices

Cheese, reduced fat, grated 50g

Herbs, parsley and basil 2 Tbsp

## DIRECTIONS

1. Preheat oven to 200 ° C.
2. Steam the pumpkin and carrot pieces for 10 minutes until tender, then blend or mash together until you have a soft puree.
3. Heat the oil in a medium saucepan and add the chicken pieces. Fry the chicken for 10 minutes, turning occasionally, until cooked through, then add the mushrooms and cook for a further 4-5 minutes. Stir in carrot puree then add the milk, stir, and cook for a further 1 minute. Remove the mixture from the heat.
4. Meanwhile, cook the pasta according to the paste instructions until al dente. Drain, and then add the pasta to the chicken mixture and mix together thoroughly. Transfer everything to a small, shallow ovenproof dish.
5. Using a food processor or blender, blitz the bread into breadcrumbs, then place them in a bowl and stir through the grated cheese. Spoon the cheesy breadcrumb mixture over the pasta bake and cook in the oven for 20 minutes until the top is golden and crispy.

# Allergy Information

Contains: Gluten, wheat, and dairy

---

## Childcare RDI Calculator:



\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

---

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services