

HOME LEARNING

Year 11

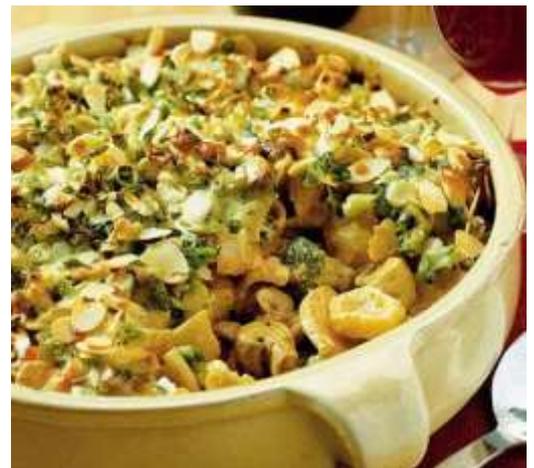
Work 1

Chicken and broccoli pasta bake

Equipment – You will need: Scales, medium glass basin, grater, wooden spoon, pot stand, x2 sharp knives, dessert spoon, tablespoon, metal plate, garlic crush, sauté pan, large saucepan, colander, raw meat chopping board, vegetable chopping board, oven proof dish

Ingredients:

2 chicken breasts, diced -	Raw meat chopping board
175g pasta shapes -	metal plate
100g broccoli -	vegetable chopping board
50g mushrooms, chopped -	vegetable chopping board
2tbsps tomato puree -	medium glass basin
40g soft garlic and herb cheese -	medium glass basin
Carton of single cream –	required stage 8
2tbsps oil –	sauté pan
3 spring onions, chopped –	vegetable chopping board
50g cheese, grated	
1 clove of garlic, crushed –	required stage 7
Boiling water -	large saucepan, half full
Pinch of salt -	large saucepan
Salt and pepper for seasoning	required stage 9



Method

1. Preheat the oven to Gas 5/ Electric 170
2. Bring the large pan of salted water to the boil
3. Add the pasta to the boiling water and stir well for 6 minutes
4. Add the broccoli and cook for a further 5-6 minutes until the pasta is just cooked
5. Drain the pasta/broccoli and return to the pan – put to one side, **off** the heat
6. Heat the oil in the sauté pan, add the chicken pieces and fry until lightly browned
7. Add the chopped mushrooms and garlic to the sauté pan and stir fry for 1 minute
8. Stir in the tomato paste, soft cheese and cream and gently simmer, stirring, until the cheese has melted to thicken the sauce
9. Season with salt and pepper
10. Carefully pour the pasta/ broccoli into the sauté pan, stirring gently until coated
11. Pour carefully into your ovenproof dish and level the top
12. Mix the chopped spring onions and grated cheese for the topping and sprinkle over the pasta
13. Bake for 20 minutes until golden.

If you have queries about this work, please contact me at

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