

## Cheesy Chicken and Sweetcorn Pasta Bake

Serves 5 adults

### Ingredients

- 325g pasta (any type)
- 1 onion
- 2 teaspoons vegetable oil
- 400g chicken breast
- 200g soft cheese
- 300ml stock made with boiling water and a vegetable or chicken stock cube
- 1 rounded teaspoon cornflour
- Broccoli
- 200g tin of sweetcorn
- 75 - 100g grated cheese



## Method

1. Cook the pasta until just done (approx. 10 minutes) then drain well under cold water.
2. Chop the onion finely.
3. Cut the chicken into bite-sized pieces.
4. Cut the broccoli into small florets and cook until just soft.
5. Fry the onion in the vegetable oil until softened.
6. Add the chicken and cook until white on the outside (about 5 - 10 minutes).
7. Add the soft cheese and the stock. Stir well until the cheese has melted.
8. Mix the cornflour with a small amount of cold water until you have a smooth paste. Add this to the mixture and stir until the sauce is thickened slightly.
9. Simmer for a few minutes until the chicken is cooked through and no pink meat is showing. Do not allow to boil.
10. Add the drained sweetcorn and broccoli. Mix with the pasta and pour into an ovenproof dish.
11. Sprinkle the grated cheese on top and place under the grill for a few minutes or in a pre-heated oven for 15 minutes until golden (200°C/180°C fan/gas mark 6).

## Notes

The pasta bake can be made in advance up to the end of step 10 then reheated later in the day or the following day. If reheating it will take longer – about 30 minutes – ensure the bake is piping hot before serving. It goes well with salad and garlic bread.

This dish will not freeze.

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