

CHICKEN, BROCCOLI & PASTA BAKE

250 gms small pasta spirals, cooked

2 cups broccoli florets

3 cups cooked chicken, shredded

1/2 cup semi-dried tomatoes, chopped

4 spring onions, chopped

300gm light sour cream

1/2 cup chicken or vegetable stock

2 tbsp wholegrain mustard

1 clove garlic, minced

salt and pepper

1/2 cup each grated mozzarella and parmesan

Preheat oven to 180C. Grease large ovenproof dish.

Steam broccoli until just cooked.

Combine pasta, broccoli, chicken, tomatoes and onions in large bowl.

Stir in cream, stock, mustard, garlic and season to taste.

Pour into ovenproof dish. Top with cheese.

Bake approx 20 mins.