

DINNERLY



French Onion Chicken Breast Pasta Bake with Cheddar and Peas



40 minutes



2 Servings

Craving a dinner that's delightfully delish and easy to get on the table? We're on a mission to make cooking more fun, extra yum and even simpler – this recipe, packed with quality fresh ingredients, is all that and more. Get cooking!

WHAT WE SEND

- 1 onion
- 50g cheddar ²
- chicken breast fillet
- 200g penne pasta ^{1,4}
- 150g peas
- 10g country seasoning ³

WHAT YOU NEED

- 1½ tbs olive oil
- 2 tsp sugar
- 1 tbs plain flour ^{1,4}
- 60ml (¼ cup) milk ²

TOOLS

- 1.5L (6 cup) baking dish
- medium saucepan
- box grater
- medium deep frypan

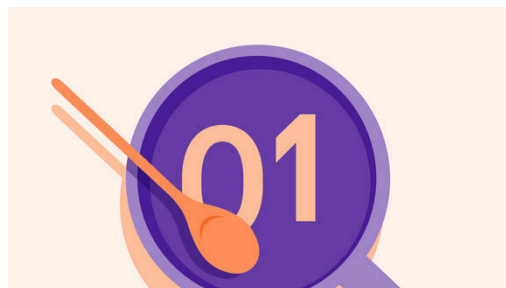
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (2), Sulphites (3), Wheat (4).
May contain traces of other allergens.

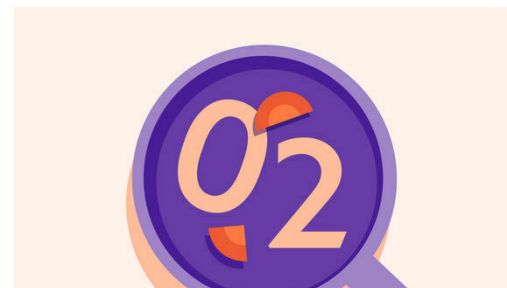
NUTRITION PER SERVING

Energy 870kcal, Fat 27.1g, Carbs 92.1g,
Protein 58.5g



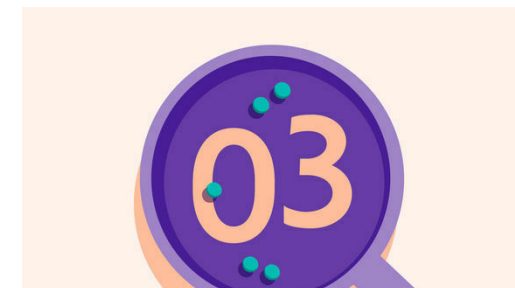
1. Prep ingredients

Preheat the oven to 220C, fan-forced. Lightly grease a 1.5L (6 cup) baking dish. Bring a medium saucepan of salted water to the boil for the pasta. Thinly slice the **onion**. Coarsely grate the **cheese**. Thinly slice the **chicken** and season with **salt and pepper**.



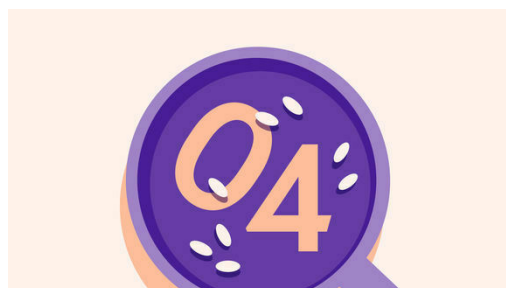
2. Cook pasta and peas

Cook the **pasta** in the pan of boiling water for 8 mins. Add the **peas** and cook for a further 2 mins or until the pasta is just al dente (see Kitchen 101) and the peas are tender. Drain.



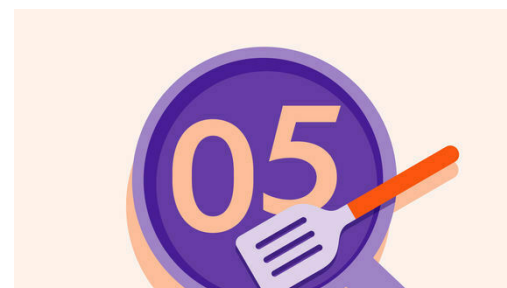
3. Caramelize onion

Meanwhile, heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion**, stirring, for 5 mins or until soft. Add **2 tsp sugar**, reduce the heat to low and cook, stirring occasionally, for 3-4 mins until caramelised. Remove from the pan and wipe the pan clean.



4. Cook chicken

Heat **2 tsp olive oil** in the same pan over medium-high heat. Cook the **chicken**, stirring, for 2 mins or until browned. Add the **country seasoning** and **1 tbs plain flour** and cook, stirring, for 1 min or until golden. Stir in **60ml (¼ cup) milk** and **125ml (½ cup) water** and bring to the boil. Reduce the heat to medium and cook for 3 mins or until slightly thickened.



5. Bake and serve up

Add the **pasta and peas** and **caramelised onion** to the chicken mixture and stir to combine. Taste, then season with **salt and pepper**. Transfer the **pasta mixture** to the baking dish and scatter over the **cheese**. Bake for 10 mins or until golden. Divide the **pasta bake** among bowls and enjoy!



6. Kitchen 101

To avoid overcooked baked pasta, the pasta is slightly undercooked at this stage – it will finish cooking in the hot sauce when baked in the oven.