

HAWAIIAN CHICKEN AND PASTA



Recipe serves

4-6 

Preparation and cooking time

20 minutes 



Ingredients

3 cups macaroni *or* other pasta

420g can of condensed tomato soup (not 'ready to heat and eat' soup)

450g can pineapple pieces

1 cup frozen peas *or* canned peas

1 cup frozen corn *or* canned corn kernels

1 cooked chicken



Method

- 1 Cook macaroni in a large pot of boiling water.
- 2 While macaroni is cooking, remove fat and skin from chicken and cut into chunks.
- 3 When macaroni is cooked, drain and place back into saucepan along with the soup, vegetables, pineapple pieces (plus juice) and chicken.
- 4 Bring to the boil, turn heat down and simmer gently for 5 minutes.

Ideas & Hints

- » Add extra vegetables if you like e.g. left-over cooked vegetables, capsicum, canned legumes such as butter beans, kidney beans or chick peas.
- » Canned tuna or salmon can be used instead of chicken.
- » Use wholemeal pasta for extra iron.