

Cajun Chicken Pasta Bake

Recipe provided by Nikki Stewart from Little Coast Kids Kanwal

Serves 40

\$2.04* per serve



Ingredients

3kg chicken breast
2 packs of Cajun or Mexican
spice mix
1-2 jars tomato salsa
400g tin diced tomatoes
2 onions, diced
2-4 capsicums (yellow/red),
diced
1kg wholemeal pasta
400g tin red kidney beans
(drained and rinsed)
400g tin corn kernels, drained
2 lettuces, shredded
6-8 tomatoes, sliced
4 cucumbers, sliced
250g cheese, grated
500g plain yoghurt to serve

Directions

1. Preheat the oven to 220 degrees Celsius.
2. Mix the spice mix, salsa and diced tomatoes in a large bowl.
3. Add in chicken and coat in spice and tomato mixture.
4. Place chicken and tomato mixture into greased oven trays and bake until chicken is cooked through.
5. While chicken is cooking, brown off onions and capsicums in a frypan and cook pasta according to instructions.
6. Shred cooked chicken and mix through tomato mixture, onion, capsicum, red kidney beans, corn kernels and cooked pasta.
7. Sprinkle with cheese and grill or bake until cheese is melted.
8. Mix up salad (lettuce, tomatoes and cucumbers).
9. Serve pasta bake with a dollop of yoghurt and salad.

Helpful hints

You can make your own spice mix using cayenne pepper, sweet paprika, onion powder, coriander, garlic powder and dried thyme. Boneless white fish could also be used. Extra legumes could be added such as lentils.

Nutrition notes

Food groups per child serve: 1 serve of vegetables, 1 serve of breads & cereals, $\frac{3}{4}$ serve of meat & alternatives, $\frac{1}{4}$ serve of dairy.

Type of protein = white meat, plant protein (legumes)

Number of extra iron containing foods needed over the day = 2.

*Pricing is based on using brand name products and is correct at time of printing. Using home brand products and items on special will help to reduce the cost