





Hunters Chicken Pasta Bake

 Calories: 284  Carbs: 31  Protein: 27  Fat: 4

SERVINGS: 6

PREP TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 350 g diced chicken breast
- 4 bacon medallions
- 200 g pasta
- 1 medium red onion diced
- 1 medium red pepper diced
- 2 garlic cloves crushed
- 1 tbsp Henderson's relish or Worcestershire sauce
- 1 tbsp balsamic vinegar
- 1 tbsp tomato puree
- 2 tsp BBQ seasoning
- 2 tsp white granulated sweetener
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp mustard powder
- ¼ tsp chilli powder
- 400 g can chopped tomatoes
- 1 chicken stock cube
- 40 g reduced fat Cheddar cheese finely grated
- low calorie cooking spray

Directions

- Pre-heat oven to 200°C.
- Add the pasta to a pan of boiling water and cook according to the pack instructions. Drain when cooked and leave to one side.
- While the pasta is cooking, spray a large frying pan with low calorie cooking spray and set on a medium heat. Cook the onions for 4 minutes until softened, add the pepper and garlic and continue to fry for 2 minutes.
- Add the diced chicken and bacon and brown on all sides. Add the chopped tomatoes, BBQ seasoning, garlic granules, onion granules, chilli powder, mustard powder, balsamic vinegar, Henderson's relish, tomato puree and sweetener. Give the pan a good stir and crumble in the stock cube.
- Allow the pan to bubble for 5 minutes until thickened.
- Add the drained pasta and stir to coat in the sauce. Tip into an ovenproof dish and sprinkle on the cheese. Pop into the oven for 8 minutes until the cheese is bubbly and golden.