

to healthier, happier you

Get ready to a quick and delicious
meal with my 20 min One Tray Baked Pasta

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

100g of cooked pasta of your choice
175g of raw chicken breast or turkey breast
1 onion
1 garlic
1 cup of cherry tomatoes
1/2 bell pepper
2 garlic cloves
2 tsp of olive oil
laurel qb
2 tsp of onion powder
2 tsp of paprika
2 tsp of Italian seasoning
2 tsp of salt and black pepper (adjust if needed)
1/2 cup of pasta water
oregano to garnish
15g of cheese of your choice to garnish

INSTRUCTIONS:

Start by preheating your oven to 482°F (250°C). In your tray add the chicken breast and season with onion powder, paprika, Italian seasoning, salt, and pepper. Coat the chicken evenly. Then add chopped onion, garlic, cherry tomatoes, sliced bell pepper, drizzle with olive oil and mix well. Place the laurel leaves on top for added flavor.

Place the tray in the preheated oven and bake for about 15 minutes, or until the chicken is cooked through and the vegetables are tender and golden. Remove the tray from the oven, take out the chicken and reserve, add the pasta water and blend all the vegetables.

Return the sauce to the tray, add the chicken (shredded) and add pasta. Sprinkle the grated cheese over the top of the pasta and chicken mixture.

Optional: Return the tray to the oven for an additional 5 minutes, or until the cheese is melted and slightly golden. Serve the baked pasta hot, directly from the tray. Enjoy!

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