

Chicken and Vegetable Pasta Bake



Serves	6
Prep time	20 minutes
Cook time	30 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 2 cups Vegetable Sauce (Refer to Basics Page)
- 1 1/2 cup leftover roast chicken (chopped)
- 100ml light cooking cream
- 100ml light evaporated milk
- 6 cups cooked pasta (any kind)
- 1 cup grated cheese
- 1 cup home made bread crumbs (Refer to Basics Page)
- Water

Directions

1. Preheat the oven to 180 C.
2. Combine the vegetable sauce, cream and evaporated milk. Add water if the sauce needs to thinned a bit more.
3. Add the chicken to sauce then combine with the pasta.
4. Pour the pasta into a greased baking dish.
5. Combine the cheese and bread crumbs then sprinkle over the top of the pasta.
6. Bake in the oven for approximately 30 minutes until cooked through and golden brown on top.

Note

Low Chemical / Failsafe, High Amines

Quantities are a rough guide and can be adjusted to suit taste and available ingredients.

Variations:

1. Use rice crumbs instead of bread crumbs.
2. If amines aren't tolerated, combine the bread crumbs with 100g light cream cheese and sprinkle over the top.

Refer to the Basics page for [Vegetable Sauce](#) and [Bread Crumb](#) recipes.