

CREAMY CHICKEN AND BROCCOLI PASTA



By Food lovers recipes

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300-400 g chicken breasts, chopped into 1.5 cm pieces

salt and pepper

1 tsp dried thyme (or other herbs and/or spices of choice)

250 g pasta, uncooked

1 $\frac{1}{2}$ cups / 375 ml chicken stock, preferably warmed

2 cups / 500 ml milk, preferably warmed

1 large garlic clove, chopped

1 – 2 tbsp / 15 – 30 g butter

1 large broccoli or 2 medium broccoli or cauliflower, broken into small to medium florets

100 – 150 g / 1 – 1.5 cups grated cheddar

$\frac{1}{4}$ cup / 35 g flour

Preheat oven to 200°C.

Sprinkle chicken with salt (be generous), pepper and thyme, toss to coat.

Spread pasta in a baking dish. Sprinkle over flour.

Pour over milk and stock, add garlic and butter. Stir.

Spread chicken over the top, then broccoli.

Cover with foil, bake for 15 minutes (or 20 minutes if milk & stock were cold).

Remove foil, STIR WELL. Add most of the cheese, then STIR WELL again. Top with remaining cheese.

Return to oven. Bake for 15 – 20 minutes until top is golden

and sauce is thickened.

Stand for a few minutes, then serve immediately!

Photo: Angela Landsberg