Healthier Chicken Carbonara Tray Bake

Ballarat Health Services

Ingredients: Serves 8

4 slices prosciutto

4 small chicken breast fillets

4 small fresh basil sprigs, plus extra leaves to serve

1 tablespoon extra virgin olive oil

1 brown onion, sliced

2 garlic cloves, crushed

1 litre Massel chicken style liquid stock

3 cups dried pasta

1/2 cup light thickened cream for cooking

1 cup frozen peas

1/2 cup grated extra sharp parmesan, plus extra to serve

Lighten up a rich pasta dish by using light cream and mixing with vegetable stock.

Method:

Step 1: Preheat oven to 220C/200C fan-forced.

Step 2: Place 1 slice of prosciutto on a chopping board. Top with 1 chicken breast and 1 basil sprig. Roll up to enclose. Repeat with remaining prosciutto, chicken and basil.

Step 3:Heat oil in a large, 5cm-deep, 20cm x 30cm flameproof roasting pan on medium-high heat. Add chicken. Cook for 3 minutes each side or until golden. Transfer to a plate.

Step 4: Reduce heat to medium. Add onion to dish. Cook, stirring, for 3 minutes or until starting to brown. Add garlic. Cook for 30 seconds or until fragrant. Add stock and 3/4 cup water. Bring to the boil. Stir in pasta. Return to the boil. Top with chicken.

Step 5:Transfer to oven. Bake for 15 minutes or until chicken is cooked through. Transfer chicken to a plate. Cover to keep warm. Add cream, peas and parmesan to pasta mixture. Stir to combine. Bake for a further 8 to 10 minutes or until pasta is tender.

Step 6: Thickly slice chicken. Place chicken on pasta mixture. Top with extra par-