



CREAMY MUSHROOM AND CHICKEN PASTA

GREEN ACT/SA / EVERYDAY NSW

Makes 15 serves

Ingredients:

- 1kg button mushrooms, sliced
- 1 small brown onion, sliced
- 1 clove garlic, minced
- 840g chicken breast, diced
- 2 cans light evaporated milk
- 1 tablespoon cornflour
- 4 sticks green shallots, chopped
- 800g penne pasta
- 120g light tasty cheese, grated

Method:

1. In a saucepan, place the mushrooms, onion and garlic and sauté for 5 minutes on a medium heat.
2. Add the chicken and continue cooking until the chicken is cooked through.
3. In a bowl, mix a little of the evaporated milk with the cornflour to make a paste and add to the saucepan with the rest of the evaporated milk. Turn on low and simmer for 10 minutes.
4. In a pot of boiling water, add the pasta and cook according to instructions.
5. Finish the sauce with the shallots and serve on top of the pasta.
6. Top with grated cheese.

Nutrition information:

	Per serve (246g)	Per 100g
Energy (kJ)	1396	568
Protein (g)	27.5	11.2
Fat – total (g)	4.4	1.8
Saturated (g)	2.1	0.85
Carbohydrates – total (g)	45	18.1
Sugar (g)	7.5	3.1
Sodium (mg)	146	59
Fibre (g)	1.13	0.46