Baked Chicken Pasta

Ingredients:

500 gms penne pasta

5 diced tomatoes

800 gms boneless, skinless chicken breast

1 cup shredded mozzarella cheese

2 teaspoons garlic powder

2 teaspoons onion powder

2 teaspoons oregano

1 tablespoons dried parsley

1 tablespoons dried basil

2 cups chopped mixed vegetables: carrots, peas and courgettes

Salt and pepper to taste.

1. Preheat oven to 175C or 375F.

2. Season the chicken with salt and pepper, and rub it with a bit of oil on each side. Bake the chicken for 30 minutes until cooked through, turning half way to make sure it cooks evenly on both sides. Remove from the oven and let it cool, the dice it into bite-sized pieces.

3. When the chicken is cooking, boil the pasta in salted, leaving it slightly firm (al dente). It will continue to cook in the oven later.

4. Drain the pasta, run it under cold water to prevent sticking to each other. Pour some oil into the drained pasta and mix it in well to prevent sticking as well. Put it back into the pot.

5. Combine the cooked chicken and pasta and stir. Once the chicken is combined, add diced tomatoes, vegetables and spices, and stir to incorporate.

6. Grease a baking tin and pour in the pasta mixture. Sprinkle the top with mozzarella cheese, and place in a preheated oven at 350F (175C) for 30 minutes, or until the cheese is melted.

7. Serve with a fresh green salad or steamed roasted vegetables.