



# Baked Chicken Stuffed Pasta Shells

20'  
Hands on

40'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 500 g shell pasta, large
- 600 g chicken breast fillet, cut into small cubes
- 650 g tomatoes, cut into small cubes
- 200 ml heavy cream 35%
- 150 g onion, finely chopped
- 2 clove(s) of garlic, minced
- 1 tablespoon(s) curry
- salt
- pepper
- cayenne pepper
- oregano
- 150 g gouda cheese, ground
- parsley, finely chopped

To serve

- rocket

## Method

Thank you to our member Katerina Lemoni for her smart, quick and inexpensive recipe!!

- Preheat oven to 180\* C (350\* F) Fan.
- Boil the pasta shells to soften them a little. About half the amount of time they would need to cook properly. (Half the time the instructions on the box indicate.) Drain them and place them back in the pot. Add a little olive oil and stir so they don't stick together until the filing is done.
- Cut the chicken into small pieces.
- Heat some olive oil in a pan. Add the pieces of chicken, garlic and onion.
- Sauté until they turn golden and add the finely chopped tomato.
- Add the curry powder, pepper, cayenne pepper, salt, oregano and finely chopped parsley.
- As soon as the sauce thickens, set it aside until it is cool enough to handle so you can fill the pasta shells.
- Fill the pasta shells and place them in a 25x30 cm glass baking dish.
- Add the heavy cream and the grated cheese.
- Bake for about 20 minutes, until the cheese melts and turns golden.
- Serve with some rocket leaves.

## Διατροφικός πίνακας

Nutrition information per portion

439 Calories (kcal)	12.5 Total Fat (g)	7.3 Saturated Fat (g)	47.0 Total Carbs (g)
22%	18%	36%	18%
6.1 Sugars (g)	31.6 Protein (g)	4.3 Fibre (g)	0.57 Sodium (g)
7%	63%	17%	9%