



One Pot Chicken Pastel Recipe

Preparation Time	5
Cooking Time	15
Serving Size	8

Ingredients:

- 3/4 cup bell pepper, red, cut diagonally
- 1/2 cup onion, red, chopped
- 1 cup button mushroom, canned, sliced into quarters
- 300 g chicken, thigh fillet, cut into cubes
- 1 cup chicken sausage, vienna, sliced diagonally
- 1 cup whole kernel corn, canned
- 1 cup green peas
- 6 cup water
- 1 1/2 pc chicken bouillon cube
- 1 pack DEL MONTE Salad Macaroni (400g)
- 2 pouch DEL MONTE Carbonara Sauce (200g)
- 1 cup cheese, processed, grated
- 1/4 cup margarine
- 1/2 tsp salt
- 1/2 tsp pepper, black

Preparation:

1. In a pot, mix all ingredients except DEL MONTE Carbonara Sauce, cheese, margarine, salt, and pepper. Bring to a boil then simmer for 10 minutes. Stir occasionally.
2. Once the macaroni and chicken are cooked, add DEL MONTE Carbonara Sauce, cheese, margarine, salt and pepper. Simmer for 2 minutes then turn off heat. Serve.

Chef's Tip

It will take approximately 10 minutes for the mixture to boil and another 10 minutes of simmering to cook the pasta. Start counting the time of simmering when the mixture boils. Best to use non-stick pan.

Lusog Notes

This dish is high in protein which is necessary for the growth, development and repair of body tissues. It is also a source of vitamin B1 that helps the body convert food to energy.

Cooking Skills Needed

- Boiling
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Pot

- Spatula

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