



## CHEESY CHICKEN AND PUMPKIN BAKE (SERVES 4)

### INGREDIENTS

Canola oil spray

1 butternut pumpkin

2 cloves garlic

1 teaspoon balsamic vinegar

Mixed herbs to taste

**600g** skinless chicken breast or thigh fillets

400g can crushed tomatoes

1 cup grated cheese (reduced fat, if available)

### UTENSILS

Clean paper towel or cloth

Knife

Chopping board

Baking dish

Baking paper

Wooden spoon

Large bowl



Scan for more Foodbank SA & NT recipes

[FOODBANK.ORG.AU/SA/FOODBANK-RECIPES](https://www.foodbank.org.au/sa/foodbank-recipes)

## OPTIONS

- To add extra serves of vegetables to your meal you could you can add any additional vegetables available just before baking.

## METHOD

1. Preheat oven to 180°C and line baking dish with baking paper. Lightly spray the baking paper with canola oil.
2. Wash and dry vegetables thoroughly. To do this rinse vegetables well with cool water, being sure to remove any dirt or residue. Pat dry using a clean paper towel or cloth.
3. Peel pumpkin and cut into 3cm cubes, then peel and crush garlic cloves.
4. Using a wooden spoon, combine the diced pumpkin, garlic, balsamic vinegar and mixed herbs in a bowl.
5. Spread the mixture into a lined baking dish and bake for 20 minutes until the pumpkin has softened, then carefully remove from oven.
6. Trim and cut the chicken into small bite-sized pieces. Place the chicken on top of the pumpkin mix and cover with crushed tomato. Add any extra vegetables and bake for 30 minutes.
7. Remove from the oven and sprinkle cheese over the top and return to the oven for 10 minutes to melt.
8. Once cooked divide between four bowls to serve. You can garnish with fresh chopped herbs if desired.

**FOR MORE INFORMATION**

**08 8351 1136 or [reception@foodbanksa.org.au](mailto:reception@foodbanksa.org.au)**