

Pasta Bake with Chicken and Sweet Potato



Ingredients

Olive oil

1 Onion chopped

2 Cloves of garlic chopped

300g Sweet potato diced into 2cm pieces

400g Tin of butter beans

400g Tin chopped tomatoes

2 Chicken breasts diced

150g Mascarpone

Salt and black pepper to season

Grated cheese.

Method

Boil the sweet potato for 10 minutes.

Heat the oil in a large frying pan and gently fry the onions until soft.

Add the garlic for a few moments.

Add the chicken and fry until coloured.

Add the tomatoes, bring to the boil and simmer.

Drain and rinse the butter beans.

Cook the pasta as per instructions. When it's ready drain and reserve some of the water.

When the pasta is ready, stir the mascarpone into the sauce and add the pasta, sweet potato, butter beans and chicken, stir well to mix and coat all the ingredients with the sauce. If the sauce is thick add some of the reserved pasta water to loosen.

Season as required.

Liberally top with your favourite grated cheese and bake for approximately 20 mins at 180 or until the cheese has melted and formed a crunchy topping.