

THREE CHEESE CHICKEN ALFREDO BAKE

ingredients:

200g pasta of your choice – I used gnocchi
1l béchamel sauce
15mls olive oil
2 chicken breasts, skinned and boned
salt and freshly ground black pepper for seasoning
100g mushrooms, sliced
260g ricotta cheese
½ cup grated hard cheddar cheese
2 cloves garlic, crushed
1/4 cup fresh parsley, chopped
mozzarella cheese for topping

method:

preheat the oven to 180° Celsius
cook the pasta according to the packet instructions
make the béchamel sauce - this should take as long as your pasta
while your béchamel sauce is cooking heat the olive oil in a pan
season and cook the chicken and the mushrooms
let the chicken breasts rest once they are cooked
drain the pasta and put back into the pot
cover with the béchamel sauce – mix in well
add the ricotta, the cheese, the garlic, the parsley and the mushrooms
slice the chicken breasts into bite sized pieces
add to the mix, together with any juices and mix well
adjust the seasoning
place the pasta into lightly buttered baking dishes
cut thin slices of mozzarella cheese and place on top
bake for 20 minutes until nice and golden brown on top

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