

# Pasta with Chicken and Sweetcorn

Feeds 4

Cost £1.54



1 x supermarket tinned sweetcorn  
2 x supermarket tinned chicken soup  
1 x penne pasta

## Cooker Method

1. Boil water in a large pot.  
Put the penne in the pot.  
Make sure the pasta is covered by the water.
2. OPTIONAL Add a pinch or 2 of salt.
3. Stir the pasta occasionally.
4. Cook for recommended time on the pack usually 7 to 8 minutes.
5. Meanwhile, empty the chicken soup into a pot and follow the heating instructions on the jar.
6. Check the penne is cooked.
7. Drain the sweetcorn – best done by opening the can, pushing the lid back down carefully and tipping upside down over a sink until no more liquid comes out.
8. Cook for another couple of minutes if it's not soft enough.
9. Drain the penne.
10. Tip the sweetcorn into the soup, then add the pasta.
11. Stir and serve!

## Microwave Method

1. Boil the kettle for the penne. Put penne in a microwavable bowl.  
Pour over boiling water until just covered and stir well.
2. Put into microwave and cook on full power for 4 minutes.
3. Remove the bowl and stir the penne.  
Cover (a plate will do), return to the microwave and cook on full power for another 4 minutes.
4. Take the bowl out of the microwave and leave to stand for 2 minutes.
5. Meanwhile, empty the chicken soup into a microwavable bowl and follow the heating instructions on the jar.
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Our meal kits use only non-perishable ingredients to ensure that the food is still in good condition when you cook the meal.

## ***After you've tried it -- How did you like it?***

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> or write to us at **FACTorbay@gmail.com**.



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