



THE NON-PERISHABLE

MEAL in MINUTES KIT

Kete kai i roto i ngā meneti

Chicken Mushroom Pasta

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open pasta packet.
- Empty half into a microwavable bowl, save the rest for another time.
- Cover with cold water.
- Put a plate on top of the bowl to keep the steam in while cooking.



STEP 2

- Microwave the pasta and water for 10 minutes on high.
- Carefully take out the bowl (it will be HOT).
- Stir the pasta.
- Put in the microwave for another 5 minutes on high.
- Test a piece of pasta to make sure it's cooked otherwise microwave for another 5 minutes. Drain water.



STEP 3

- Open the can/s of peas and chicken. You can also use frozen peas (1 ½ cup)
- Carefully drain the liquid.
- Open the can of mushroom soup.



STEP 4

- Add peas, chicken and mushroom soup to the hot pasta. Stir together.



STEP 5

- Put in microwave for another 5 minutes or until hot.
- Serve and enjoy.



Quick, cheap, easy, tasty and healthy meals for your family and whānau

Kai ora, hāpori ora! Healthy food, healthy community!

These recipes are designed to be utilised by food banks, community organisations and for whānau to have on hand in preparation for emergencies.

Te Whatu Ora
Health New Zealand