**Chicken pasta bake**

Serves 6 (1P 1C 1F ½ LE)

* 4 tbsp olive oil
* 1 onion, finely chopped
* 2 garlic cloves, crushed
* ¼ tsp chilli flakes
* 2 x 400g cans chopped tomatoes
* 6 tbsp mascarpone
* 4 skinless chicken breasts, sliced into strips
* 300g penne
* 70g mature cheddar, grated
* 50g grated mozzarella
* ½ small bunch of parsley, finely chopped

1. Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.
2. Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.
3. Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling.