

Chicken Parmesan Casserole

Yield: 4 servings (leftovers for 2 persons)



Base

- Pasta (fusilli/rotini, DeCecco or Barilla) – **180 g (dry)**
- Olive oil – **30 g (2 Tbsp)**, divided
- Onion – **100 g (1 small)**, chopped
- Crushed tomatoes – **800 g (2 cans, no-salt if possible)**
- Garlic powder – **2 tsp (6 g)**
- Dried oregano – **1 tsp (1 g)**
- Dried basil – **½ tsp (0.5 g)**
- Red pepper flakes – **½ tsp (1 g)**
- Salt – **½ tsp (3 g)** (*optional; taste tomatoes first*)
- Black pepper – **½ tsp (1 g)**
- Cooked chicken breast – **280 g**, shredded

Cheese & Topping

- Mozzarella – **120 g**, shredded
- Parmesan – **30 g**, grated
- Panko breadcrumbs – **30 g**
- Fresh parsley – **1 Tbsp (4 g)**, chopped

Instructions

1. **Preheat oven** to **200 °C**. Lightly oil a 20x20x5-cm baking dish.
2. **Cook pasta**: Bring large pot of water to boil, cook **pasta** until just al dente. Drain.
3. **Make sauce**: In skillet, heat **1 T olive oil**. Add **onion**, cook **3–4 min** until softened.
4. Add **tomatoes, garlic powder, oregano, basil, red pepper flakes, salt** (if using), and **black pepper**. **Simmer 5 min**. Stir in **chicken** and **drained pasta**.
5. **Assemble**: Spread mixture in baking dish. Top with **60 g mozzarella**.
6. **Make topping**: Mix **panko, Parmesan, parsley**, and **1 T olive oil**.
7. Sprinkle evenly over casserole with **remaining 60 g mozzarella**.
8. **Bake**: **20–25 min** until bubbling and golden. **Rest 5–10 min** before serving.

Nutrition (per serving)

- **Calories**: ~435 kcal
- **Protein**: ~30 g
- **Fat**: ~16 g
 - Sat. Fat: ~6 g
- **Carbs**: ~42 g
 - Sugars: ~7 g
- **Fiber**: ~5 g
- **Sodium**: ~520 mg
- **Omega-3**: trace

Notes

- **Panko topping** gives crunch, keeping it lighter than a heavy cheese crust.
- **Tomatoes** vary in salt — taste before adding extra.
- **Add-ons**: fresh basil or parsley stirred in at the end brightens flavor; you can also add a pinch of smoked paprika for depth.

Prep ahead: Can be assembled through Step 5, refrigerated overnight, then topped and baked next day.