

Treasure Barrel

Dump-and-Bake Chicken Parmesan Casserole

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Casserole Base

- [ ] 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- [ ] 1 (24 oz) jar marinara sauce
- [ ] 2 cups dry penne pasta
- [ ] 1 cup water
- [ ] 1 teaspoon Italian seasoning
- [ ] 1/2 teaspoon garlic powder
- [ ] 1/4 teaspoon black pepper

Cheese Topping

- [ ] 2 cups shredded mozzarella cheese, divided
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 2 tablespoons chopped fresh basil or parsley (for garnish)

Instructions

1. Preheat your oven to 375°F (190°C). Grab a 9x13 inch baking dish. Honestly, no need to grease it if it's non-stick, but a quick spray never hurts.
2. In the baking dish, combine the cubed chicken, dry pasta, marinara sauce, water, Italian seasoning, garlic powder, and pepper. Stir it all together until everything is well coated. It will look a bit soupy, but that's perfect—the pasta needs that liquid to cook.
3. Cover the dish tightly with foil. This is important—it traps the steam to cook the pasta and chicken. Bake for 25 minutes.
4. Carefully remove the dish from the oven—it will be hot and steamy. Take off the foil. Give the mixture a good stir. The pasta should be starting to soften.
5. Sprinkle 1 ½ cups of the mozzarella cheese and all of the Parmesan cheese evenly over the top. It's okay if some pasta peeks through.
6. Return the dish to the oven, uncovered, and bake for another 10-15 minutes, or until the cheese is melted, bubbly, and maybe has a few golden spots.
7. Take it out and let it sit for about 5-10 minutes. This waiting time is tough, I know, but it lets the sauce thicken up so it's not runny. Sprinkle with fresh basil or parsley before serving.

Nutrition per serving

420 kcal	33 g	35 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a crispier top, you can broil for the last 1-2 minutes, but watch it closely!
- Leftovers keep well in the fridge for up to 3 days. Reheat in the microwave or a 350°F oven until warm.
- If you love a bit of heat, add a pinch of red pepper flakes with the seasonings.