A2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



FOR the Little ONES

Baked Chicken Macaroni with Cheese

Mac & Chicken

Easy-to-make macaroni pasta with chicken in a fresh tomato and mozzarella sauce!

25 Minutes | 2 Servings | Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	30g	108g

FROM YOUR BOX

MACARONI PASTA	1 packet
BROWN ONION	1
GARLIC CLOVE	1
CHICKEN MINCE	300g
CARROT	1
TOMATO	1
TOMATO PASTE	2 sachets
PARSLEY	1 packet
SHREDDED MOZZARELLA	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, 1/2 chicken stock cube

COOKING TOOLS

saucepan, large frypan

To make a smooth sauce, cook all the vegetables in the pan until softened, blend with tomato paste and water. Simmer with chicken for 10 minutes.

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - pasta is replaced with GF pasta.



1. Boil the Pasta

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Drain.

tip *Cook all the pasta for great leftovers!*



2. Cook the Onion

Peel and dice **onion**. Heat a large frypan over medium heat with **oil**. Add **onion** and cook for 5 minutes or until softened. Crush in **garlic** and add **2 tsp oregano**.

tip *Use Italian herbs or rosemary if you don't have oregano.*



3. Add the Chicken

Increase heat to medium-high and add **chicken**. Cook for 5 minutes, breaking up lumps as you go.



4. Simmer the Sauce

Finely grate **carrot** and dice **tomato**. Add to pan with **tomato paste, 1/2 chicken stock cube** and **1/2 cup water**. Cover and cook for 6-8 minutes. Season to taste with **salt and pepper**.

tip *Try adding 1 tsp fennel seeds instead of stock cube for a different flavour.*



5. Finish and Serve

Slice **parsley leaves.**

Toss **pasta**, **sauce** and **cheese** to melt (reserve some for garnish). Top with **parsley leaves** to serve.

tip *Serve with a fresh salad on the side if you prefer!*