

A2

DINNER TWIST
LOCAL, HEALTHY, DELIVEREDFOR the
Little ones

Veggies

Pan-fried Chicken
& Pasta

One-Pot Chicken Penne

Sliced chicken schnitzels and penne pasta cooked in a rich tomato sauce and served with a side of broccoli.



25 Minutes



2 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	17g	63g

FROM YOUR BOX

CHICKEN SCHNITZELS	300g
BROWN ONION	1
GARLIC CLOVES	2
TOMATO SUGO	400g
SHORT PASTA	500g
BROCCOLI	1
CARROT	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, oregano

COOKING TOOLS

large frypan with lid, fry or saucepan

Cook and serve chicken, pasta, sauce and veggies separately if it works better for your family. If cooking pasta separately, use 1/2-1 jar water in the sauce instead of 2.

Before you start cooking!

Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. COOK the CHICKEN

Heat a large frypan over medium-high heat with **oil**. Rub chicken schnitzels with **2 tsp oregano, salt and pepper**. Cook for 3-4 minutes on each side. Remove from pan, keep pan over heat.



2. COOK the ONION & GARLIC

Dice **onion** and crush **garlic**. Add to pan with some more **oil** if needed. Cook for 3 minutes.



3. ADD the Sauce & Pasta

Add **tomato sugo** and **1 1/3 jar water**. Combine well then stir in **1/2 packet dry pasta**. Bring to a simmer.

tip You can cook and serve pasta and sauce separately if you prefer!



4. ADD the CHICKEN

Dice or slice cooked **chicken**. Add to sauce. Cover and simmer for 10-15 minutes or until pasta is cooked al dente. Stir occasionally and add more **water** if needed.

tip Add broccoli and grated carrot here if you like!



5. PREPARE the BROCCOLI

Cut **broccoli** into florets. Add to a frypan (or saucepan) with **1/2 cup water** and cook for 3-5 minutes or until tender. Transfer to a serving bowl.

tip Cut carrot into coins and cook with the broccoli if you prefer them cooked!



6. FINISH AND SERVE

Cut **carrot** into sticks. Serve **one-pot pasta** with a side of **carrot sticks** and **broccoli**.

tip Add some parmesan or fresh herbs such as basil, oregano or parsley as a topping!