

for the
little onesSPAGHETTI, Sauce &
Chicken MeatBALLS

Chicken SPAGHetti



25 Minutes



4 Servings



Chicken

Chicken mince and ricotta cooked in an Italian-style tomato sauce and served over spaghetti, making a yummy, satisfying weekday dinner!

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FROM YOUR BOX

CHICKEN MINCE	600g
SHALLOT	1
TOMATOES	2
CARROT	1
TOMATO SUGO / PASTA SAUCE	1 jar (400g)
LONG PASTA	1 packet (500g)
RICOTTA	250g
ROSEMARY SPRIG	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, oregano

COOKING TOOLS

large frypan, saucepan

Make little chicken meatballs to serve over the spaghetti! This chicken pasta sauce is great for a simple lasagne as well!

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. COOK the chicken

Bring a large saucepan of water to a boil (for the pasta).

Heat a large frypan with **oil** over medium heat. Add chicken mince to cook, breaking up lumps with a spatula.



2. ADD the Veggies

Dice shallot and tomatoes. Finely grate carrot and add to pan as you go. Season with **2 tsp oregano, salt and pepper**.

tip Serve the tomatoes (and carrot!) fresh and diced on top if you prefer.



3. SIMMER the Sauce

Stir in sugo and **1/4 jar water**. Semi-cover and simmer for 12-15 minutes or until reduced.



4. COOK the Pasta

Add pasta to the boiling water and cook according to packet instructions or until al dente. Drain and rinse.

tip Stir a few times to ensure the pasta doesn't stick together while cooking.



5. StIR in the Ricotta

Add **2/3 ricotta** to the sauce and adjust seasoning to taste with **salt and pepper**.

tip You can leave the ricotta out of the sauce and dollop it on at the end if you prefer!



6. fINISH AND SERVE

Chop rosemary leaves. Serve pasta topped with sauce and dollops of the remaining ricotta. Sprinkle with rosemary to taste.

tip Toss pasta and sauce just before serving if you like!