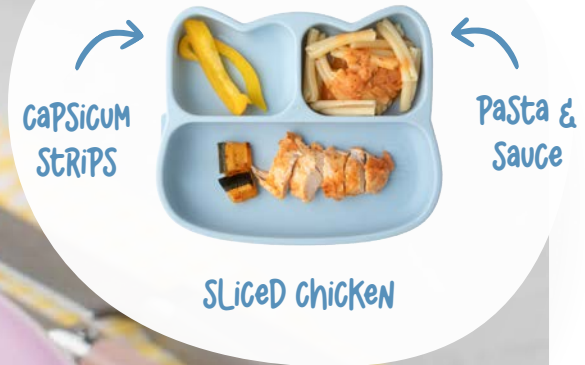




FOR the
Little ONES



CREAMY Baked CHICKEN

Tender chicken baked in a creamy tomato sauce and served with pasta on the side.

35 Minutes

CHICKEN

4/6 SERVINGS

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g/49g	30g/20g	118g/76g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GARLIC CLOVES	2	3
ZUCCHINI	1	1
YELLOW CAPSICUM	1	2
CHICKEN TENDERLOINS	600g	600g + 300g
TINNED CHERRY TOMATOES	400g	2 x 400g
CREAM CHEESE	140g	2 x 140g
SHORT PASTA	500g	500g

FROM YOUR PANTRY

oil for cooking, olive oil/butter, salt, pepper, dried oregano

COOKING TOOLS

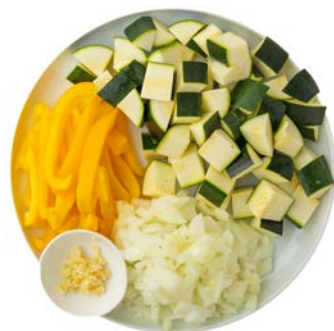
large frypan, large saucepan, oven dish

Toss the cooked pasta through the sauce and return to the oven for a few minutes to make a pasta bake.

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. PREPARE the VEGETABLES

Set oven to 220°C and bring a large saucepan of water to the boil.

Dice **onion**, crush **garlic** and cut **zucchini** into chunky bite-sized pieces. Dice or slice **capsicum**.

tip To hide the zucchini, you can blend it with the tinned tomatoes.



4. Make the Sauce & Bake

Add **tinned cherry tomatoes** and **1/2 tin water**. Simmer for 2 minutes. Stir through **cream cheese** until melted. Season with **salt and pepper** then pour **sauce** over **chicken**. Bake for 20 minutes, or until cooked through.

6P - add 2 x tinned tomatoes, 2 x creamy cheese and 1/2-1 tin water.



2. BROWN the CHICKEN

Heat a large frypan with **oil** over high heat. Add **chicken** and brown briefly on both sides until lightly golden. Season with **salt and pepper** then transfer to an oven dish.



5. COOK the PASTA

While the **chicken** bakes, add **pasta** to boiling water and cook until al dente. Drain well and toss with a drizzle of **olive oil or butter**.



3. COOK the VEGGIES

In the same pan, add a little more **oil** if needed. Cook the **prepared veggies** for 3-4 minutes or until just softened. Season with **2 tsp dried oregano, salt and pepper**.

tip You can use Italian mixed herbs or fresh thyme if preferred!



6. FINISH AND SERVE

Serve **creamy baked chicken** with sauce spooned over the **pasta**. Season to taste with **salt and pepper**.

tip Serve with a fresh side salad if desired!