DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR the LittLe ONes

PaN-FRiED ChiCKEN & PaSta

VeGGiES

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   🍴 4 SerVings   🐔 ChiCKEN & PORK

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FROM YOUR BOX

CHICKEN SCHNITZELS	300g
BROWN ONION	1
BACON	100g
GARLIC CLOVES	2
TOMATO PASTE	1 sachet
TOMATO SUGO	400ml
SHORT PASTA	500g
BROCCOLI	1
CHERRY TOMATOES	200g
CARROTS	2

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 all separately if it works better for your family!

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

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 & BACON

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

3. aDD the Sauce & Pasta

Add **tomato paste, tomato sugo** and **2 1/2 jars water**. Combine well then stir in 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, carrot and tomatoes 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 carrots into coins and cook with the broccoli if you prefer them cooked!*

6. FINISH aND SERVE

Halve **cherry tomatoes** and cut **carrots** into sticks.

Serve **one-pot pasta** with a **side of veggies.**

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