A

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 | 4/6 Servings | Chicken

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	54g/45g	20g/15g	96g/65g

FROM YOUR BOX

	4 PERSON	6 PERSON
MACARONI PASTA	1 packet	1 packet
BROWN ONION	1	1
GARLIC CLOVES	2	3
CHICKEN MINCE	600g	600g + 300g
CARROT	1	2
TOMATOES	2	3
TOMATO PASTE	1 tub	1 tub
PARSLEY	1 packet	1 packet
MOZZARELLA	1 packet	1 packet

FROM YOUR PANTRY

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

COOKING TOOLS

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

No gluten option - pasta is replaced with GF pasta.



1. BOIL the PASTA

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

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



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 **1 tbsp 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 **tomatoes**. Add to pan with **tomato paste, 1 stock cube** and **1 cup water**. Cover and cook for 6-8 minutes. Season to taste with **salt and pepper**.

6P - use 1 1/2 cup water.



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!*