

for the
little ones←
VeggiesPan-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



4/6 Servings



Chicken & Pork

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	28g/32g	12g	57g/44g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN SCHNITZELS	300g	600g
BROWN ONION	1	1
BACON	100g	2 x 100g
GARLIC CLOVES	2	3
TOMATO PASTE	1 sachet	1 sachet
TOMATO SUGO	400g	2 x 400g
SHORT PASTA	500g	500g
BROCCOLI	1	2
CHERRY TOMATOES	200g	2 x 200g
CARROTS	2	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 separately if it works better for your family. If cooking pasta separately, use 1/2-1 jar water in the sauce instead of 2.

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 **2-3 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.

6P – add tomato paste, 2 x tomato sugo and 2 jars water.

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.

6P – add broccoli to frypan with 1 cup water and cook for 3-5 minutes or until tender.



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!