



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Parmesan Cheese


Parmesan is a delicious nutty, sweet and salty hard cheese that complements tomato-based dishes!



## B2 Chicken Bolognese with Parmesan Cheese

Chicken cooked in a rich tomato sugo with flavours of thyme and garden veggies tossed through rigatoni pasta and garnished with parmesan cheese.

 25 minutes

 2 servings

 Chicken

24 June 2022

## Spice it up!

*You can add fresh thyme, rosemary, basil or oregano for extra flavour! Transform the dish into a pasta bake by transferring the pasta into an oven dish, topping it with parmesan and baking until golden.*



## FROM YOUR BOX

SHORT PASTA	1/2 packet (250g)
BROWN ONION	1
CELERY STICK	1
CARROT	1
CHICKEN MINCE	300g
TOMATO SUGO	1 jar
TOMATO	1
GREEN CAPSICUM	1
PARMESAN CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, curry powder

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can grate the carrot if preferred.

Curry powder can vary in heat, so adjust the amount according to your preference or leave it out altogether.

If you don't feel like a side salad, you can chop the vegetables and add them to the sauce as it simmers instead.

**No gluten option - pasta is replaced with GF pasta.**



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta to boiling water and cook according to packet instructions until al-dente. Drain and set aside.



### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil. Dice onion, celery and carrot (see notes). Add to pan as you go along with chicken, **2 tsp thyme** and **1-2 tsp curry powder** (see notes). Cook for 5 minutes.



### 3. SIMMER THE SAUCE

Season chicken with **salt and pepper**. Pour in sugo, cover and cook for 10 minutes (add **1/4 - 1/2 cup water** if needed).



### 4. PREPARE THE SALAD

Slice tomato and capsicum. Layer the slices on a serving plate with a sprinkle of parmesan cheese, **thyme** and **pepper** (see notes).



### 5. TOSS THE PASTA

Toss cooked pasta into bolognese sauce. Add 1/3 cup parmesan cheese and stir until combined. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Garnish bolognese with remaining parmesan cheese (to taste) and serve at the table alongside salad.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

