



### Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



## Chicken Parmi Pasta Bake

Italian-style chicken cooked in an onion and tomato sauce, with a layer of melty cheddar cheese – just like a chicken parmigiana but with pasta!

 30 minutes

 2 servings

 Chicken

11 August 2023

## Make Meatballs!

*You can make chicken meatballs instead of cooking the mince into the sauce. Bake the meatballs with cheese, serve with pasta and broccoli on the side.*

Per serve: **PROTEIN** 62g **TOTAL FAT** 43g **CARBOHYDRATES** 110g

## FROM YOUR BOX

SHORT PASTA	1 packet (500g)
BROCCOLI	1
BROWN ONION	1
CHICKEN MINCE	300g
CHERRY TOMATOES	1 packet (200g)
PIZZA PASTE	1 sachet
SHREDDED CHEDDAR CHEESE	1 packet

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

Use the broccoli to taste. You can finely chop the broccoli and add it to the pan with chicken if you want to further hide the greens. Continue cooking the pasta for a further 5 minutes until al dente.

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



### 1. COOK THE PASTA

Set oven grill to 200°C.

Bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook for 5 minutes.



### 2. ADD THE BROCCOLI

Cut broccoli into small florets (see notes). Add to boiling water with pasta and cook for a further 5-7 minutes until pasta is al dente and broccoli tender. Drain and set aside.



### 3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Dice and add onion along with chicken and **1 tsp oregano**. Cook for 5 minutes until sealed.



### 4. SIMMER THE SAUCE

Halve and add tomatoes to pan along with pizza paste. Stir through **1/4 cup water** and **2 tbsp olive oil**. Simmer for 5 minutes. Season to taste with **salt and pepper**.



### 5. BAKE THE PASTA

Toss cooked pasta and broccoli into sauce until combined. Transfer to an oven dish and scatter with cheese. Grill in oven for 5 minutes until cheese is melted.



### 6. FINISH AND SERVE

Serve pasta bake at the table.



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