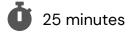




Chicken Ratatouille

on Polenta

Tender diced chicken simmered with a medley of vegetables in a rich tomato sauce, paired with creamy polenta flavoured with fresh thyme.







Make it cheesy!

Add some grated parmesan, crumbled feta or cheddar cheese to the polenta for a tasty, cheesy finish!

PROTEIN TOTAL FAT CARBOHYDRATES 60g 79g

FROM YOUR BOX

SHALLOT	1
YELLOW CAPSICUM	1
ZUCCHINI	1
BUTTON MUSHROOMS	150g
DICED CHICKEN BREAST	300g
THYME	1 packet
CHOPPED TOMATOES	400g
POLENTA	125g

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan with lid, saucepan

NOTES

You can add some crushed garlic or 1/2 crumbled stock cube for a boost of flavour!

Protein upsize: 300g diced chicken breast and 400g chopped tomatoes. Add an extra 1/2 tbsp thyme leaves and 1 tbsp balsamic vinegar in step 2.





1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with olive oil. Dice shallot, capsicum and zucchini. Quarter mushrooms. Add all to pan as you go. Increase heat to mediumhigh. Cook for 5 minutes until softened.



2. ADD THE CHICKEN

Add chicken and 1/2 tbsp thyme leaves. Stir in 1 tbsp balsamic vinegar. Cook for 3 minutes until sealed.



3. SIMMER THE STEW

Stir in chopped tomatoes and **2 tbsp olive** oil (see notes). Cover and simmer for 10 minutes until cooked through. Season to taste with salt and pepper.



4. COOK THE POLENTA

Meanwhile, bring a saucepan with 650ml water to a boil. Gradually pour in polenta, whisking continuously until thickened. Remove from heat. Stir in 1/2 tbsp thyme leaves and season well with salt and pepper.



5. FINISH AND SERVE

Serve chicken ratatouille on polenta. Garnish with fresh thyme leaves.

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**



