



FOR the
Little ONES



SPAGHETTI, SAUCE &
CHICKEN MEATBALLS



Chicken SPAGHETTI

Chicken mince and ricotta cooked in an Italian-style tomato sauce and served over spaghetti, making a yummy, satisfying weekday dinner!



25 Minutes



2 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	57g	24g	113g

FROM YOUR BOX

CHICKEN MINCE	300g
SHALLOT	1
TOMATO	1
CARROT	1
TOMATO SUGO	1 jar
LONG PASTA	500g
RICOTTA	250g
ROSEMARY SPRIG	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, oregano

COOKING TOOLS

frypan, saucepan

Make little chicken meatballs to serve over the spaghetti! This chicken pasta sauce is great for a simple lasagne as well!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option – pasta is replaced with GF pasta.



1. COOK the CHICKEN

Bring a large saucepan of water to a boil (for the pasta).

Heat a frypan with **oil** over medium heat. Add **chicken mince** to cook, breaking up lumps with a spatula.



4. COOK the PASTA

Add **1/2 packet pasta** to the boiling water and cook according to packet instructions or until al dente. Drain and rinse.

tip Stir a few times to ensure the pasta doesn't stick together while cooking. Cook all the pasta for great leftovers!



2. ADD the VEGGIES

Dice **shallot** and **tomato**. Finely grate **carrot** and add to pan as you go. Season with **1 tsp oregano, salt and pepper**.

tip Serve the tomato (and carrot!) fresh and diced on top if you prefer.



5. STIR in the RICOTTA

Add **1/2 ricotta** to the sauce and adjust seasoning to taste with **salt and pepper**.

tip You can leave the ricotta out of the sauce and dollop it on at the end if you prefer!



3. SIMMER the SAUCE

Stir in **sugo** and **1/4 jar water**. Semi-cover and simmer for 10-12 minutes or until reduced.



6. FINISH AND SERVE

Chop **rosemary** leaves. Serve **pasta** topped with **sauce** and dollops of the **remaining ricotta**. Sprinkle with **rosemary** to taste.

tip Toss pasta and sauce just before serving if you like!