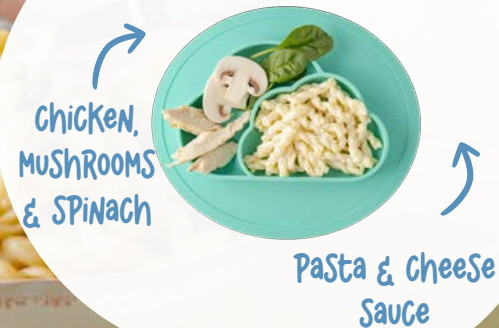


for the  
little ones

# CREAMY Pasta Bake

An Alfredo style creamy sauce with chicken, tossed with short pasta and baked for a golden finish with extra crunch.



35 Minutes



2 Servings



Chicken

How did the cooking go? Go to the **My Recipes** tab in your **Profile** and leave a review or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

## FROM YOUR BOX

BROWN ONION	1
BABY SPINACH	120g
MUSHROOMS	150g
HERB & GARLIC LUPIN CRUMB	60g
PRE-COOKED CHICKEN	1 packet
GARLIC CLOVE	1
SHORT PASTA	500g
CREAM CHEESE	140g

## FROM YOUR PANTRY

olive oil/butter, salt, pepper, dried tarragon

## COOKING TOOLS

saucepan, large frypan, oven dish

You can sauté the mushrooms and serve as a topping instead if preferred! Add some diced bacon or ham at step 2 for extra flavour!

### 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. PREPARE the VEGGIES

Set oven to 220°C, grill setting. Bring a large saucepan of water to a boil.

Dice onion, slice spinach (use to taste) and mushrooms. Mix lupin crumbs with **1-2 tbsp olive oil**. Keep separate.



### 4. FINISH the Sauce

Add spinach and mushrooms to sauce and cook for 2-3 minutes. Stir in cream cheese and **1 1/2 cup water** to melt. Season with **salt and pepper** to taste. Simmer for 5 minutes.

**tip** You can add a stock cube for extra flavour!



### 2. Make the Sauce

Heat a large frypan with **olive oil** over medium-high heat. Add onion and chicken, cook for 5 minutes. Use your spatula to break up chicken. Crush in garlic and season with **2 tsp tarragon**.

**tip** Use a different dried herb such as oregano if you prefer.



### 5. ASSEMBLE AND Bake

Arrange pasta in an oven dish. Pour over the sauce and combine using a fork. Top with crumb mixture and bake for 5-8 minutes or until golden.

**tip** You can serve sauce and pasta as is instead of combining if you prefer!



### 3. Cook the Pasta

Meanwhile, add **1/2 packet pasta** to boiling water and cook according to packet instructions or until al dente. Stir occasionally. Drain and toss with **1 tbsp olive oil or butter**.



### 6. FINISH AND SERVE

Serve baked pasta at the table.

**tip** Serve with a side salad, veggie sticks or some steamed greens if you like!