



for the
little ones



MeatBALL Pasta

Chicken meatballs in tomato sauce tossed with pasta and finished with a crispy panko crumb topping!

25 Minutes

2 Servings

Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	19g	55g

FROM YOUR BOX

PANKO CRUMBS	1 packet (20g)
CHICKEN MEATBALLS	1 packet (500g)
BROWN ONION	1
GARLIC CLOVE	1
SLICED MUSHROOMS	1 punnet (200g)
PASTA SAUCE	1 jar
LONG PASTA	1 packet (250g)
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano

COOKING TOOLS

large frypan, saucepan

Boost the pasta sauce with more veggies of choice! Zucchini, broccoli, eggplant or capsicum all work well!

No gluten option – pasta is replaced with GF pasta and panko crumbs are replaced with GF breadcrumbs.



1. PREPARE the CRISPY TOPPING

Bring a saucepan of water to a boil.

Place **panko crumbs** in a large frypan with **1 tbsp olive oil**, **1/2 tsp oregano** and a pinch of **salt**. Toast until golden and transfer to a serving bowl. Keep pan over medium-high heat.



2. BROWN the MEATBALLS

Add **meatballs** to the heated frypan and cook, turning, until golden. Dice **onion** and crush **garlic**, add to pan as you go with **1 tsp oregano**. Cook until onion has softened.

tip It is easiest to remove the meatballs by turning the packet upside down straight into the pan.



3. SIMMER the SAUCE

Add sliced **mushrooms** to pan. Stir in **pasta sauce** and **1/4 jar water**. Bring to a simmer. Semi-cover and cook for 5-8 minutes.



4. COOK the PASTA

In the meantime, add **pasta** to boiling water and cook according to packet instructions or until al dente. Drain.

tip Stir a few times to ensure the pasta doesn't stick together.



5. TOSS the PASTA & SAUCE

Season the **sauce** with **salt and pepper** to taste. Toss in drained **pasta** to combine.

tip Serve the pasta and meatballs separately if your family prefer!



6. FINISH AND SERVE

Chop **parsley**. Serve **pasta** in shallow bowls at the table. Top with crispy **panko topping** and parsley to taste.

tip Serve with a fresh side salad or lightly steamed greens if you like!