

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
 4/6 Servings
 Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	50g	17g	103g/76g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN MINCE	600g	600g + 300g
SHALLOT	1	2
TOMATOES	2	3
CARROT	1	2
TOMATO SUGO	1 jar	2 jars
LONG PASTA	500g	500g
RICOTTA	250g	500g
ROSEMARY SPRIG	1	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, oregano

COOKING TOOLS

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



4. COOK the Pasta

Add **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.



2. ADD the Veggies

Dice **shallot** and **tomatoes**. Finely grate **carrot** and add to pan as you go. Season with **2 tsp oregano, salt and pepper**.

6P- use 3 tsp oregano.

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



5. STIR in the Ricotta

Add **2/3 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 12-15 minutes or until reduced.

6P- stir in sugo and 1/2 cup water.



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!