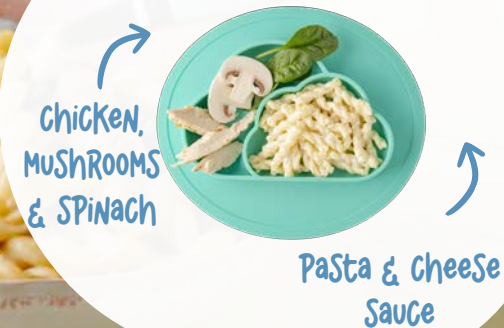


for the
little ones

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



4 Servings



Chicken

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FROM YOUR BOX

| | |
|---------------------------|----------|
| BROWN ONION | 1 |
| BABY SPINACH | 120g |
| MUSHROOMS | 300g |
| HERB & GARLIC LUPIN CRUMB | 60g |
| PRE-COOKED CHICKEN | 1 packet |
| GARLIC CLOVES | 2 |
| SHORT PASTA | 500g |
| CREAM CHEESE | 250g |

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 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 **2 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 **3 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 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!