



DINNER TWIST
LOCAL, HEALTHY, DELIVERED

for the
little ones



MeatBALL Pasta

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



25 Minutes



4/6 Servings



Chicken

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	37g/44g	15g/19g	67g/65g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
PANKO CRUMBS	20g	2 x 20g
CHICKEN MEATBALLS	500g	2 x 500g
BROWN ONION	1	1
GARLIC CLOVES	2	3
CHERRY TOMATOES	200g	2 x 200g
SLICED MUSHROOMS	1 punnet	2 punnets
TOMATO PASSATA	1 jar	1 jar
LONG PASTA	500g	500g
PARSLEY	1 packet	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano, sugar (of choice)

COOKING TOOLS

large frypan, large 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.

6P – use 1 1/2 tbsp olive oil, 1 tsp oregano and pinch of salt.



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.



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 **2 tsp oregano**. Cook until onion has softened.

6P – use 1 tbsp oregano.

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



5. TOSS the PASTA & SAUCE

Season the **sauce** with **1 tsp sugar**, **salt and pepper** to taste. Toss in drained pasta to combine.

tip Serve pasta and meatballs separately if your family prefer!



3. SIMMER the SAUCE

Halve **tomatoes** and add with sliced **mushrooms**. Stir in **tomato passata** and **1/4 jar water**. Bring to a simmer. Semi-cover and cook for 10 minutes.

6P – add 1/2 jar water.

tip Add a stock cube for more depth of flavour!



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!