



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CHICKEN MINCE

The chicken mince in your box is from Mt Barker — free range, WA local and RSPCA approved. Chicken mince is a versatile low-fat and high-protein alternative to beef.



4. CHICKEN BOLOGNESE

A new twist on the traditional beef bolognese, featuring our favourite seasonal veggies (and lots of love!)

 25 Minutes

 2 Servings

FROM YOUR BOX

| | |
|------------------------|---------------------|
| LONG PASTA | 1 packet (250g) |
| SHALLOT | 1 |
| GARLIC CLOVE | 1 |
| CHICKEN MINCE | 300g |
| COURGETTES | 2 |
| TOMATO SUGO | 1 jar (350g) |
| GEM LETTUCE | 1 * |
| CHERRY TOMATOES | 1/2 packet (100g) * |
| GRATED PARMESAN CHEESE | 1 packet (100g) |

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried Italian herbs (or dried oregano), red or white wine vinegar

KEY UTENSILS

saucepan, large frypan

NOTES

You can also grate or finely chop any spare veggies from your fridge and add to the dish! Think carrot, celery, spinach, cauliflower, broccoli or tomato.

No gluten option - pasta is replaced with GF pasta



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain, reserving **1/2 cup water**.



2. SAUTÉ THE SHALLOT

Heat a large frypan with **oil** over medium-high heat. Dice and add shallot. Cook for 5 minutes. Crush and add garlic with **1 tsp Italian herbs**.



3. ADD THE MINCE & VEGGIES

Add mince and cook for 3-4 minutes, breaking up lumps as you go. Grate and add courgettes and tomato sugo with **1 jar water** (see notes). Simmer, semi-covered, for 15 minutes.



4. MAKE THE SALAD

Roughly chop the lettuce and halve cherry tomatoes. Toss in a bowl with **1 tsp olive oil and 1/2 tsp vinegar**.



5. FINISH THE SAUCE

Season sauce with **salt and pepper**. Thin with **reserved pasta water** as needed (we used 1/4 cup).



6. FINISH AND PLATE

Divide pasta among bowls. Top with sauce and parmesan cheese. Serve salad on the side.