

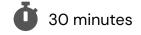




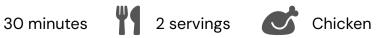
Thyme Chicken

with Alfredo Pasta

Grilled chicken schnitzels sliced and served on creamy Alfredo fettuccine with mushrooms and thyme.







for the little ones!

You can add some grated parmesan to the sauce for a cheesy flavour. Cut the pasta into shorter lengths to make it easier for little ones to eat!

PROTEIN TOTAL FAT CARBOHYDRATES

22g

62g

FROM YOUR BOX

LONG PASTA	500g
BROWN ONION	1
SLICED MUSHROOMS	200g
GARLIC CLOVE	1
THYME	1 packet
THYME SOUR CREAM	1 packet
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SOUR CREAM	1 tub

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, 1 stock cube

KEY UTENSILS

2 large frypans, saucepan

NOTES

Add remaining reserved cooking water to loosen the sauce if needed.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions. Reserve 1/2 cup cooking water before draining pasta.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with 1 tbsp oil or butter. Dice and add onion. Cook for 5 minutes. Add sliced mushrooms, crushed garlic and 1/2 packet thyme leaves. Cook until softened.



3. SIMMER THE SAUCE

Stir in 1 crumbled stock cube, sour cream and 1 tub water. Simmer for 3 minutes. Reduce pan heat to low.



4. COOK THE CHICKEN

Coat chicken with 1/2 tbsp thyme leaves, oil, salt and pepper. Heat a second frypan over medium-high heat. Cook in pan for 4-5 minutes each side or until golden.



5. TOSS THE PASTA

Stir **spinach** into sauce until wilted (chop first if desired). Toss in **cooked pasta** and **1/4 cup reserved cooking water**. Season well with **salt and pepper** to taste.



6. FINISH AND SERVE

Slice **chicken** and divide among plates with **pasta** (see notes). Garnish with remaining **thyme leaves** (to taste).



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