

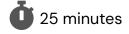




## Chicken Ratatouille

## on Polenta

Tender diced chicken simmered with a medley of vegetables in a rich tomato sauce, paired with creamy polenta flavoured with fresh thyme.





2 servings



# Make it cheesy!

Add some grated parmesan, crumbled feta or cheddar cheese to the polenta for a tasty, cheesy finish!

PROTEIN TOTAL FAT CARBOHYDRATES 60g

79g

#### FROM YOUR BOX

RED ONION	1
YELLOW CAPSICUM	1
ZUCCHINI	1
BUTTON MUSHROOMS	150g
DICED CHICKEN BREAST	300g
ТНҮМЕ	1 packet
CHOPPED TOMATOES	400g
POLENTA	125g

#### FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar

#### **KEY UTENSILS**

large frypan with lid, saucepan

#### **NOTES**

You can add some crushed garlic or 1/2 crumbled stock cube for a boost of flavour!





## 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **olive oil**. Dice red onion, capsicum and zucchini. Quarter mushrooms. Add all to pan as you go. Increase heat to mediumhigh. Cook for 5 minutes until softened.



#### 2. ADD THE CHICKEN

Add chicken and <u>1/2 tbsp thyme leaves</u>. Stir in **1 tbsp balsamic vinegar**. Cook for 3 minutes until sealed.



#### 3. SIMMER THE STEW

Stir in chopped tomatoes and **2 tbsp olive** oil (see notes). Cover and simmer for 10 minutes until cooked through. Season to taste with salt and pepper.



### 4. COOK THE POLENTA

Meanwhile, bring a saucepan with **650ml water** to a boil. Gradually pour in polenta, whisking continuously until thickened. Remove from heat. Stir in 1/2 tbsp thyme leaves and season well with **salt and pepper**.



## 5. FINISH AND SERVE

Serve chicken ratatouille on polenta. Garnish with fresh thyme leaves.





