



### Product Spotlight: Polenta

Polenta is made from ground corn and is quite versatile. It can be used in sweet and savoury dishes and is gluten-free!



## 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.



25 minutes



2 servings



Chicken

## Make it cheesy!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	21g	79g

## FROM YOUR BOX

RED ONION	1
YELLOW CAPSICUM	1
ZUCCHINI	1
BUTTON MUSHROOMS	150g
DICED CHICKEN BREAST	300g
THYME	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 medium-high. Cook for 5 minutes until softened.



### 2. ADD THE CHICKEN

Add chicken and 1/2 tbsp thyme leaves. 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.



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