



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Holy Smoke Chicken

This dish features smoked chicken from Holy Smoke. It's free-range, nitrate-free & from Manjimup WA. Also available on the Marketplace!



## 4 Mac 'n Cheese with Smokey Chicken

A kid-favourite, but healthier! This version boasts spinach, smoked chicken, a fresh side salad — and a creamy 3-cheese sauce. Seconds, please!

 30 minutes

 2 servings

 Chicken

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### Oven issues?

*If you don't want to turn on the oven, serve straight from pan at step 4 and sprinkle with extra cheese when serving. If you want to use the oven but don't have an oven-proof frypan, simply transfer the meal to an oven dish before sprinkling over remaining cheese and baking in step 4.*

## FROM YOUR BOX

SHORT PASTA	250g
SPRING ONIONS	2
GARLIC CLOVE	1
3-BLEND SHREDDED CHEESE	1 bag
BABY SPINACH	1 bag (60g)
SMOKED CHICKEN BREAST	300g
TOMATO	1
GREEN CAPSICUM	1/2 *
MESCLUN LEAVES	1/2 bag (100g) *
OREGANO	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, flour, red wine vinegar (or other of choice), dijon mustard

## KEY UTENSILS

saucepan, ovenproof frypan (see front-page tip)

## NOTES

Use milk in place of water for a creamier sauce.

**No gluten option - pasta is replaced with GF pasta.**



### 1. COOK THE PASTA

Set oven to 250°C.

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain.



### 2. COOK THE ONIONS

Heat a large frypan with **1 1/2 tbsp oil/butter**. Slice spring onions and crush garlic, adding to pan as you go with **1 tsp dried oregano**. Cook for 2 minutes, then stir in **1 1/2 tbsp flour and 1/2 tsp mustard**.



### 3. MAKE THE SAUCE

Gradually whisk in **1 1/2 cups water** (see notes). Add 1/2 the cheese and simmer for 5 minutes until thickened. Stir through spinach.



### 4. ADD PASTA AND CHICKEN

Thinly slice chicken and stir through sauce with pasta. Season to taste with **salt and pepper**. Sprinkle over remaining cheese (to taste) and place in oven for 5-10 minutes.



### 5. MAKE THE SALAD

Wedge tomato, slice capsicum, and arrange on a platter with mesclun leaves. Drizzle with **olive oil and vinegar** (optional).



### 6. FINISH AND PLATE

Chop oregano and sprinkle over pasta. Serve in bowls with salad on the side.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

