



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Polenta

Traditional polenta can take 45 minutes to cook. The instant polenta in your box takes only 5 minutes.



3 Italian Chicken on Baked Polenta

Break out the checked tablecloth and candles for this Italian style chicken stew. Diced chicken simmered in a tomato sauce with vegetables and cheesy baked polenta.

 35 minutes

 4 servings

 Chicken

3 September 2021

Speed it up!

If you are running short on time, serve this dish with soft polenta. Cook step one last and add the cheese at the last minute to melt through. Add some parmesan for extra bite if you have some.

FROM YOUR BOX

POLENTA	250g
GRATED CHEESE	1/2 packet (100g) *
CHIVES	1/2 bunch *
DICED CHICKEN BREAST	600g
RED ONION	1/2 *
ZUCCHINI	1
BROCCOLI	1
TOMATO SUGO	1 jar (350g)
GREEN OLIVES	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, stock cube (of choice, we used chicken), dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Boil the kettle to speed this step up.

You can add the broccoli to the tray with the polenta to roast for the last 5 minutes of cooking time if you prefer.



1. MAKE THE POLENTA

Set oven to 220°C.

Bring a saucepan with **900ml water** to the boil (see notes) with **1 stock cube**. Gradually whisk in polenta, stirring until thickened. Remove from heat and add cheese with 1/2 chopped chives. Mix well to combine.



2. BAKE THE POLENTA

Tip polenta on to a lined, **oiled**, oven tray. Spread polenta out to 1-2 cm thickness. Drizzle with **olive oil** and season with **pepper**. Bake in the oven for 20 minutes or until golden and set.



3. SEAL THE CHICKEN

Heat a large frypan with **1 tbsp oil** over medium high heat. Add chicken along with **1 tsp oregano**. Cook for 4-5 minutes. Slice and add onion. Cook for further 2 minutes until onion has softened.



4. FINISH THE SAUCE

Grate zucchini and cut broccoli into small florets (see notes). Add to pan as you go with sugo, **1 jar water** and olives. Cover and simmer for 8 minutes. Season with **1/2 tbsp balsamic vinegar, salt and pepper** to taste.



5. FINISH AND SERVE

Cut polenta into pieces and serve alongside chicken. Garnish with remaining chopped chives.

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

