



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

 4 servings

 Chicken

23 April 2021

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	500g
SPRING ONIONS	1/2 bunch *
GARLIC CLOVES	2
3-BLEND SHREDDED CHEESE	1 bag
ENGLISH SPINACH	1 bunch
SMOKED CHICKEN BREAST	300g
TOMATOES	2
CONTINENTAL CUCUMBER	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 **3 tbsp oil/butter**. Slice spring onions and crush garlic, adding to pan as you go with **2 tsp dried oregano**. Cook for 2 minutes, then stir in **3 tbsp flour and 1 tsp mustard**.



3. MAKE THE SAUCE

Gradually whisk in **3 cups water** (see notes). Add 3/4 of the cheese and simmer for 5 minutes until thickened. Wash, roughly chop, and 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 and place in oven for 5-10 minutes.



5. MAKE THE SALAD

Wedge tomatoes, slice cucumber, and arrange on a platter with mesclun. 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

