

Product Spotlight: Mozzarella Cheese

Mozzarella is named after the Neapolitan dialect word “mozzare” meaning “to cut off” or “to separate.” This refers to the process of separating the curd to form individual cheese balls during the cheese-making process.

Caprese Baked Chicken

with Pasta

Chicken thighs baked on top of a bed of bursting cherry tomatoes and zucchini, flavoured with garlic and balsamic vinegar, topped with mozzarella cheese and served with pasta.

35 minutes | 2 servings | Chicken

Spice it up!

Garnish the finished dish with a fresh herb such as basil, parsley or oregano. You can also add dried chilli flakes and a drizzle of balsamic glaze if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	19g	46g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
GARLIC CLOVE	1
CHERRY TOMATOES	200g
CHICKEN THIGH FILLETS	300g
SHORT PASTA	1 packet
SHREDDED MOZZARELLA	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, balsamic vinegar

KEY UTENSILS

oven dish, saucepan

NOTES

We used a deep oven-proof frypan for our caprese bake as it has a lid that we used to cover it in step 2. You can do the same, or use an oven dish and cover with foil, baking paper or an oven tray.

If you choose to cook the whole packet of pasta, increase the olive oil to 1/4 cup and balsamic vinegar to 2 tbsp to ensure adequate liquid to coat the pasta.

No gluten option - pasta is replaced with GF pasta.

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1. PREPARE CAPRESE BAKE

Set oven to 220°C and bring a saucepan of water to a boil.

Slice **onion** and **zucchini** (use to taste). Crush **garlic**. Add to an oven dish (see notes) along with **cherry tomatoes**, **3 tbsp olive oil**, **1 1/2 tbsp balsamic vinegar**, **salt and pepper**. Toss to combine.



2. ADD THE CHICKEN & BAKE

Coat **chicken** with, **oil**, **1 tsp rosemary**, **salt and pepper**. Place on top of **vegetables** and cover. Cover and bake for 20-25 minutes until **chicken** is cooked through and **tomatoes** are bursting.



3. COOK THE PASTA

Add **1/2 packet pasta** to boiling water and cook according to packet instructions or until al dente. Drain **pasta**.



4. ADD THE CHEESE

Remove **caprese bake** from the oven. Sprinkle **mozzarella** over **chicken** and return to oven, uncovered, for 2-5 minutes until **cheese** is melted.



5. FINISH AND SERVE

Serve **caprese bake** tableside with **pasta** (see cover for notes). Toss **pasta** through **vegetables** and **cooking liquid** in individual bowls.

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