G

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 4/6 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 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g/39g	18g/21g	46g/45g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
ZUCCHINI	1	1
GARLIC CLOVE	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
CHICKEN THIGHS	600g	600g + 300g
SHORT PASTA	1 packet	1 packet
SHREDDED MOZZARELLA	1 packet	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

oven dish, large 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.

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 large saucepan of water to a boil.

Slice **onion** and **zucchini**. Crush **garlic**. Add to an oven dish (see notes) along with **cherry tomatoes**, **1/4 cup olive oil**, **2-3 tbsp balsamic vinegar**, **salt and pepper**. Toss to combine.



2. ADD THE CHICKEN & BAKE

Coat **chicken** with **oil**, **2-3 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 **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 3-5 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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