



Product Spotlight: Broccoli

Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!



Chicken Parmesan Pasta Bake

Italian-style chicken cooked in an onion and tomato sauce, with a layer of melty cheddar cheese – just like a chicken parmigiana but with pasta!



30 minutes



2 servings



Chicken

Make Meatballs!

You can make chicken meatballs instead of cooking the mince into the sauce. Bake the meatballs with cheese, serve with pasta and broccoli on the side.

Per serve: **PROTEIN** 42g **TOTAL FAT** 25g **CARBOHYDRATES** 74g

FROM YOUR BOX

SHORT PASTA	1 packet
BROCCOLI	1
BROWN ONION	1
CHICKEN MINCE	300g
CHERRY TOMATOES	200g
TOMATO PASTE (WITH HERBS)	1 sachet
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

Use the broccoli to taste. You can finely chop the broccoli and add it to the pan with chicken if you want to further hide the greens. Continue cooking the pasta for a further 5 minutes until al dente.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Set oven grill to 200°C.

Bring a saucepan of water to a boil. Add **1/2 packet pasta** to boiling water and cook for 5 minutes (see step 2).



2. ADD THE BROCCOLI

Cut **broccoli** into small florets (see notes). Add to boiling water with **pasta** and cook for a further 5–7 minutes until **pasta** is al dente and **broccoli** tender. Drain and set aside.



3. COOK THE CHICKEN

Heat a frypan over medium–high heat with **oil**. Dice and add **onion** along with **chicken** and **1 tsp oregano**. Cook for 5 minutes until sealed.



4. SIMMER THE SAUCE

Halve and add **tomatoes** to pan along with **tomato paste**. Stir through **1/4 cup water** and **2 tbsp olive oil**. Simmer for 5 minutes. Season to taste with **salt and pepper**.



5. BAKE THE PASTA

Toss cooked **pasta** and **broccoli** into **sauce** until combined. Transfer to an oven dish and scatter with **cheese**. Grill in oven for 5 minutes until **cheese** is melted.



6. FINISH AND SERVE

Serve **pasta** bake at the table.



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