



Product Spotlight: Thyme


During the Middle Ages in Europe, thyme was thought to ward off nightmares if placed beneath a pillow before going to sleep.





French Onion Chicken

Pasta Bake

This pasta bake is a super quick and easy mid-week comfort meal, made with pre-cooked chicken breast, button mushrooms, French onion dip and short grain pasta.

 25 minutes

 2 servings

 Chicken

Top it!

Top the pasta bake with cheese such as parmesan, cheddar, mozzarella or gorgonzola. You could also top the bake with bread crumbs, panko crumbs, almond meal or quinoa flakes.

Per serve: **PROTEIN** 42g **TOTAL FAT** 21g **CARBOHYDRATES** 50g

FROM YOUR BOX

SHORT PASTA	1 packet
BROWN ONION	1
BUTTON MUSHROOMS	150g
THYME	1 packet
PRE-COOKED CHICKEN BREAST	1 packet
FRENCH ONION DIP	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

If you have a large oven-proof frypan, you can cook the sauce, toss the pasta and bake in that. Less dishes to wash up, yes please!

Use 1/2 butter and 1/2 oil for a more traditional French onion flavour.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Set oven to grill or 250°C.

Bring a large saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid**. Drain **pasta**.



2. PREPARE THE INGREDIENTS

Slice **onion** and quarter **mushrooms**. Remove **thyme leaves** from stems (see notes).



3. COOK THE VEGETABLES

Heat a large frypan (see notes) over medium-high heat with **3 tbsp oil**. Add **onion**, **1/2 thyme leaves** and **chicken**. Break up **chicken** with cooking spoon and cook for 5 minutes until **onion** has softened. Add **mushrooms**, cook for further 5 minutes.



4. MIX THE SAUCE

Add **dip** and **reserved cooking liquid**. Bring to a simmer and cook for 3 minutes to reduce slightly.



5. TOSS PASTA & BAKE

Add **pasta** and **sauce** to an oven dish. Toss to combine. Season to taste with **salt and pepper**. Drizzle with **olive oil** and grill/bake for 5 minutes or until golden on top.



6. FINISH AND SERVE

Garnish **pasta bake** with **remaining thyme leaves** to taste. Serve tableside.



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