



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.



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.

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



4 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	24g	56g

FROM YOUR BOX

SHORT PASTA	1 packet
BROWN ONION	1
BUTTON MUSHROOMS	300g
ZUCCHINI	1
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.



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1. COOK THE PASTA

Set oven to grill or 250°C.

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



4. MIX THE SAUCE

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



2. PREPARE THE INGREDIENTS

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



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.



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 zucchini and mushrooms, cook for further 5 minutes.



6. FINISH AND SERVE

Garnish pasta bake with remaining thyme leaves. Serve tableside.

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**

