

**Product Spotlight:
Cherry Tomatoes**

When serving fresh cherry tomatoes to young children, be sure to cut them into quarters to reduce the risk of choking.



One Pot Creamy Chicken Tortellini

Tortellini filled with ground chicken and herbs, cooked in a mild Cajun spice cream cheese sauce with secret veggies!



30 minutes



4 servings



Chicken

Spice it up!

To spice it up, serve this dish with your a sprinkle of dried chilli flakes or ground chilli, slices of fresh chilli, or your favourite hot sauce! You can also add these into the pasta sauce, but remember that cooking chilli will only increase the heat!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	24g	63g

FROM YOUR BOX

BROWN ONION	1
CARROTS	2
CHERRY TOMATOES	2 x 200g
FAMILY CAJUN SPICE MIX	1 packet
CREAM CHEESE	1 tub
CHICKEN TORTELLINI	2 packets
BABY SPINACH	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

large saucepan

NOTES

Grate carrot for a faster cooking time.

Omit spinach for fussy eaters. Spinach wilts so easily, simply add it into the bowls of those who will eat it and stir through.

Garnish with fresh herbs such as parsley or thyme, or grated parmesan cheese or dried chilli flakes.

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt



1. PREPARE THE INGREDIENTS

Dice **onion** and **carrots** (see notes), and halve **cherry tomatoes**.



2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Add onion and sauté for 3 minutes. Add **spice mix** and tomatoes. Sauté for 2 minutes until fragrant.



3. SIMMER THE BROTH

Add carrot, **cream cheese**, **crumbled stock cube** and **1.5 L water**. Stir to combine. Simmer, covered, for 8-10 minutes until carrot is just tender.



4. ADD THE TORTELLINI

Add **tortellini** and **spinach** (see notes) to the broth. Cook for 3-5 minutes until tortellini is cooked. Season broth to taste with **salt and pepper**.



5. FINISH AND SERVE

Serve whole pot tableside for everyone to dish themselves up (see notes).



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