



Product Spotlight: Cherry Tomatoes

Cherry tomatoes aren't just cute – they're little flavour bombs! Halving them before cooking helps release their natural sweetness into the sauce. And did you know? Back in the day, cherry tomatoes were actually grown just for decoration!



One Pot Creamy Chicken Tortellini

This one-pot wonder is packed with juicy chicken tortellini and soft veggies in a creamy, mildly spiced sauce. It's cosy, quick, and seriously tasty!



30 minutes



4 servings



Chicken

Spice it up!

To spice it up, serve this dish with 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
	25g	23g	83g

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	1 bag

FROM YOUR PANTRY

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

KEY UTENSILS

large saucepan

NOTES

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 and dried chilli flakes.

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



1. PREPARE THE INGREDIENTS

Dice **onion** and **carrots** (or grate!), 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**, **1-2 crumbled stock cubes** and **1.5L water**. Stir to combine. Simmer, covered, for 8-10 minutes until carrot is 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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