



Product Spotlight: Baby Spinach


You can do so many things with leftover spinach! Blend into smoothies, pancake batter or pestos to sneak in some extra nutrition!




Chicken, Spinach & Basil Pasta

Tender mini shell pasta is tossed in a creamy tomato and chicken sauce, with bursts of sweet cherry tomatoes, fresh basil, and wilted spinach for a comforting, crowd-pleasing dinner.

 30 minutes

 Chicken

 2 servings

Switch it up!

Make this dish a pasta bake by transferring the tossed pasta to an oven dish, sprinkle with grated cheddar, mozzarella, or parmesan cheese and grill briefly for a golden top.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	48g	31g	66g

FROM YOUR BOX

SHELL PASTA	1 packet
BROWN ONION	1
GARLIC CLOVE	1
CHERRY TOMATOES	200g
CHICKEN MINCE	300g
TOMATO & HERB PASTE	1 sachet
CREAM CHEESE	1 tub
BABY SPINACH	60g
BASIL	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

Stir through frozen peas for extra sweetness and colour.

Add a drizzle of good olive oil over the top before serving for extra richness, and a sprinkle of dried chilli flakes for a little spice!

No gluten option - pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a large saucepan of water to a boil. Add **1/2 packet pasta** and cook for 10–15 minutes or until **pasta** is al dente. Reserve **1/2 cup cooking liquid** and drain **pasta**.



2. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic** and rinse **tomatoes**.



3. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Add **chicken mince** and use back of a spoon to break up lumps. Cook for 4–6 minutes until browned and cooked through.



4. SIMMER THE SAUCE

Add **onion** and **garlic** to the **chicken**. Saute for 3 minutes or until **onion** has softened. Add **tomato paste** and **cherry tomatoes**, cook for 1 minute. Add **cream cheese** and **1/4 cup water**, simmer for 5 minutes until thick and creamy.



5. TOSS THE PASTA

Add **pasta**, **cooking liquid** and **baby spinach** to the **sauce** (see notes). Stir to combine and cook for 2–3 minutes to wilt the **spinach**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Finely chop **basil leaves**.

Divide **pasta** among shallow bowls and garnish with **chopped basil** (see notes).

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