




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

 4/6 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 |
|-------------|---------|-----------|---------------|
| | 47g | 26g | 69g/48g |
| 4/6 Person: | | | |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|---------------------|-----------|-------------|
| SHELL PASTA | 1 packet | 1 packet |
| BROWN ONION | 1 | 2 |
| GARLIC CLOVES | 2 | 3 |
| CHERRY TOMATOES | 2x 200g | 3x 200g |
| CHICKEN MINCE | 600g | 600g + 300g |
| TOMATO & HERB PASTE | 2 sachets | 2 sachets |
| CREAM CHEESE | 1 tub | 2 tubs |
| BABY SPINACH | 120g | 120g + 60g |
| BASIL | 20g | 2x 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.



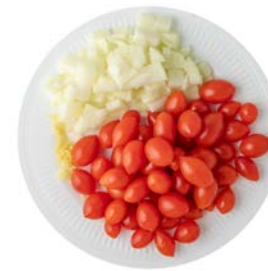
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1. COOK THE PASTA

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

6P – reserve 1 1/2 cup cooking liquid.



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 cup water**, simmer for 5 minutes until thick and creamy.

6P – add 1 1/2 cups water to the sauce.



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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