



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BABY SPINACH

Spinach has an extremely high nutritional value and is rich in antioxidants.



3. MAC & CHEESE

A quick & simple Mac & cheese makes a yummy mid-week family feast. Served at the table topped with golden crumbs and fresh parsley.

 20 Minutes

 4 Servings

27 April 2020

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
PANKO CRUMBS	1 packet (40g)
BROWN ONION	1
HAM	1 packet (200g)
PHILADELPHIA CHEESE	1/2 packet (125g) *
CHICKEN STOCK	1/2 small jar *
BABY SPINACH	1 packet (200g)
PARSLEY	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, dried Italian herbs (or use dried oregano), chilli flakes (optional)

KEY UTENSILS

saucepan, large frypan

NOTES

No pork option - ham is replaced with turkey.

No gluten option - pasta is replaced with GF pasta.

No gluten option - panko crumbs are replaced with flaked almonds. Omit oil when cooking at step 2.



1. BOIL THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions. Drain, see step 5.



2. COOK THE CRUMBS

Place panko crumbs in a large frypan with **1 tbsp olive oil**, **1/2 tsp chilli flakes (optional)** and a pinch of **salt**. Toast until golden, transfer to a serving bowl and keep pan over medium-high heat.



3. SAUTÉ ONION & HAM

Dice onion and ham. Add to the heated frypan with **oil/butter** and cook until softened. Season with **2 tsp Italian herbs, salt and pepper**.



4. SIMMER THE SAUCE

Dice and add Philadelphia cheese, stir until melted. Add **1 cup pasta water** and chicken stock, stir to combine then add spinach to wilt. Simmer over medium heat for 5 minutes.



5. TOSS IN THE PASTA

Add pasta to sauce and toss to combine well. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Chop parsley.

Serve mac & cheese at the table topped with golden crumbs and chopped parsley.