



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Italian Chicken with Polenta

Tender chicken mince in a rich tomato and rosemary sauce, served over creamy polenta for a hearty, family-friendly meal.



35 minutes



Chicken



4/6 servings

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
CHICKEN MINCE	600g	600g + 300g
GARLIC CLOVES	2	2
ROSEMARY	1 sprig	1 sprig
ZUCCHINI	1	2
CARROTS	2	2
TOMATO PASTE	2 sachets	3 sachets
INSTANT POLENTA	250g	250g + 150g

FROM YOUR PANTRY

oil for cooking, salt and pepper, butter, flour (of choice)

NOTES

You can transform this dish into chicken meatballs. Combine the chicken with crushed garlic, chopped rosemary and breadcrumbs. Shape into meatballs and simmer in the tomato sauce. Serve on polenta.

Dice the vegetables to 1/2 cm for a quicker cook time. You can add sliced mushrooms or diced capsicum as well.

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1. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Dice and add **onion** along with **chicken mince**, **crushed garlic** and **chopped rosemary leaves**. Cook for 5 minutes until sealed. Season with **salt and pepper**.

TIP Add 1 tbsp ground paprika or 1 tsp fennel seeds for background flavour.

2. SIMMER THE VEGETABLES

Dice **zucchini** and **carrots** (see notes). Add to pan and cook for 2 minutes until softened. Stir in **2 tsp flour**, **tomato paste**, **1/2 cup water** and simmer for 10 minutes until **carrot** has softened. Stir in **1/4 cup olive oil** and season with **salt and pepper** to taste.

6P – use 3 tsp flour and 3/4 cup water to simmer.

TIP Add 1 crumbled stock cube or substitute the water with chicken stock for depth of flavour.

3. COOK THE POLENTA

Bring a saucepan with **1.3L water** to the boil. Gradually pour in **polenta**, whisking continuously until thickened. Remove from heat, stir in **2 tbsp butter** and season with **salt and pepper**.

6P – bring 2L water to boil. Add more water to loosen at the end if needed.

TIP Add grated parmesan or crumbled feta cheese to the polenta for a cheesy finish.

4. FINISH AND SERVE

Divide **polenta** and **chicken** among shallow bowls. Finish with a drizzle of **olive oil** and **cracked black pepper**.

TIP Garnish the dish with chopped parsley or basil leaves. Fresh sliced chilli or lemon zest can also be added.

This recipe has simplified instructions to help lower your meal cost.