DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR the little ONes

BaKeD Chicken MacaRoni With Cheese

Mac & Chicken

Easy-to-make macaroni pasta with chicken in a fresh tomato and mozzarella sauce!

25 Minutes   **4 Servings**   **Chicken**

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FROM YOUR BOX

MACARONI PASTA	1 packet (500g)
BROWN ONION	1
GARLIC CLOVES	2
CHICKEN MINCE	600g
CARROT	1
TOMATOES	2
TOMATO PASTE	1 tub (140g)
BASIL	1 packet
SHREDDED MOZZARELLA	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, 1/2 chicken stock cube

COOKING TOOLS

large saucepan, large frypan

To make a smooth sauce, cook all the vegetables in the pan until softened, blend with tomato paste and water. Simmer with chicken for 10 minutes.

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - pasta is replaced with GF pasta.

1. Boil the Pasta

Bring a large saucepan of water to a boil. Add pasta and cook according to packet instructions or until al dente. Drain.

> **tip** *Stir a few times to ensure the pasta doesn't stick together.*

2. Cook the Onion

Peel and dice onion. Heat a large frypan over medium heat with **oil**. Add onion and cook for 5 minutes or until softened. Crush in garlic and add **1/2 tbsp oregano**.

> **tip** *Use Italian herbs or rosemary if you don't have oregano.*

3. Add the Chicken

Increase heat to medium-high and add chicken. Cook for 5 minutes, breaking up lumps as you go.

4. Simmer the Sauce

Finely grate carrot and dice tomatoes. Add to pan with tomato paste, **1/2 chicken stock cube** and **1 cup water**. Cover and cook for 6-8 minutes. Season to taste with **salt and pepper**.

> **tip** *Try adding 2 tsp fennel seeds instead of stock cube for a different flavour.*

5. Finish and Serve

Slice basil leaves.

Toss pasta, sauce and cheese to melt (reserve some for garnish). Top with basil leaves to serve.

> **tip** *Serve with a fresh salad on the side if you prefer!*