C2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken MeatBall Pasta

Golden chicken meatballs and broccoli tossed with penne pasta in a creamy sauce.

20 MINUTES | 2 SERVINGS | CHICKEN

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	20g	53g

FROM YOUR BOX

SHORT PASTA	500g
CHICKEN MEATBALLS	1 packet
BROWN ONION	1
GARLIC CLOVE	1
MUSHROOMS	200g
BROCCOLI	1
PHILADELPHIA CREAM CHEESE	140g

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, dried oregano (or other dried herb)

COOKING TOOLS

saucepan, large frypan

Steam the broccoli on top of the pasta or blanch it in boiling water if you prefer to serve it on the side.

Before you start cooking! Wash your veggies and set out all ingredients, pans, chopping board and knife.

No gluten option - pasta is replaced with GF short pasta. Follow the packet instructions.



1. Boil the Pasta

Bring a saucepan of water to a boil. Add **1/2 packet 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. Cook all of the pasta for great leftovers!*



2. Brown the Meatballs

Heat a frypan with **2 tbsp oil/butter** over medium heat. Add **meatballs** and cook, turning, for 3-4 minutes.

tip *It is easiest to remove the meatballs by turning the packet upside down straight into the pan.*



3. Add Onion & Broccoli

Peel and chop **onion**, add to pan with crushed **garlic**. Slice **mushrooms** and cut **broccoli** into small florets and add to pan as you go. Cook for 6-8 minutes. Season with **1-2 tsp dried oregano**.



4. Finish the Sauce

Spoon in **cream cheese** and add **3/4 cup water**. Simmer, stirring gently to melt and combine. Cook for a further 4-5 minutes or until **meatballs** are cooked through.



5. Toss Pasta & Sauce

Toss in **pasta** and season to taste with **salt and pepper**.



6. Finish and Serve

Serve creamy **chicken meatball pasta** at the table.