C

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken MeatBall Pasta

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

20 MINUTES | 4/6 SERVINGS | CHICKEN

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g/42g	20g/22g	52g/50g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	500g	500g
CHICKEN MEATBALLS	1 packet	2 packets
BROWN ONION	1	2
GARLIC CLOVES	2	3
BROCCOLI	1	2
SLICED MUSHROOMS	200g	2 x 200g
CREAM CHEESE	140g	2 x 140g

FROM YOUR PANTRY

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

COOKING TOOLS

large saucepan, large frypan

You can pan-fry the mushrooms to serve on top, and steam or blanch the broccoli if you'd like 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 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. Brown the Meatballs

Heat a large pan with **2-3 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**. Cut **broccoli** into small florets. Add to pan with **mushrooms** and cook for a further 6-8 minutes. Season with **2 tsp dried oregano**.

6P - use 1 tbsp dried oregano. Add 1/2 stock cube for extra flavour.



4. Finish the Sauce

Spoon in **cream cheese** and add **1 cup water**. Simmer, stirring gently to melt and combine. Cook for a further 4-5 minutes or until **meatballs** are cooked through.

6P - add 2 cups water.



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.