

FOR the
Little ONES

Chicken MeatBALL Pasta

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



20 Minutes



4 ServINGS



Chicken

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FROM YOUR BOX

SHORT PASTA	500g
CHICKEN MEATBALLS	1 packet
BROWN ONION	1
GARLIC CLOVES	2
BROCCOLI	1
SLICED MUSHROOMS	200g
PHILADELPHIA CREAM CHEESE	140g

FROM YOUR PANTRY

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

COOKING TOOLS

large 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!

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 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.



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.



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.



5. TOSS Pasta & Sauce

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



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**.

tip You can pan-fry the mushrooms and serve on top if the kids prefer!



6. finish AND SERVE

Serve creamy chicken meatball pasta at the table.