



Product Spotlight: Cherry Tomatoes

Cherry tomatoes are little flavour bombs – halving them before cooking releases their natural sweetness into the sauce. Fun fact: tomatoes were once grown purely for decoration!



One Pot Creamy Chicken Tortellini

This one-pot wonder is packed with juicy chicken tortellini and soft veggies in a creamy, mildly spiced sauce. A cosy bowl of comfort the whole family can dig into!



30 minutes



4/6 servings



Chicken

Spice it up!

Serve with dried chilli flakes, sliced fresh chilli or your favourite hot sauce. Stir into the sauce for a bigger kick – the heat builds as it cooks!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	25g	22g	57g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CARROTS	2	3
CHERRY TOMATOES	2 x 200g	3 x 200g
FAMILY CAJUN SPICE MIX	1 packet	2 packets
CREAM CHEESE	1 tub	2 tubs
CHICKEN TORTELLINI	2 packets	3 packets
BABY SPINACH	120g	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

large saucepan

NOTES

Omit spinach for fussy eaters. Spinach wilts so easily, simply add it into the bowls of those who will eat it and stir through.

Garnish with fresh herbs such as parsley or thyme, or grated parmesan cheese and dried chilli flakes.

No gluten option – tortellini is replaced with GF 4 cheese ravioli.

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.



1. PREPARE THE INGREDIENTS

Dice **onion** and **carrots** (or grate!), halve **cherry tomatoes**.



2. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Add **onion** and sauté for 3 minutes. Add **spice mix** and **tomatoes**. Sauté for 2 minutes until fragrant.



3. SIMMER THE BROTH

Add **carrot**, **cream cheese**, **1 crumbled stock cubes** and **1.5L water**. Stir to combine. Simmer, covered, for 8-10 minutes until carrot is tender.

6P – use 2 crumbled stock cubes and 2L water.



4. ADD THE TORTELLINI

Add **tortellini** and **spinach** to the broth. Cook for 3-5 minutes until tender. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Serve whole pot tableside for everyone to dish themselves up (see notes).



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