DINNER TWIST
LOCAL, HEALTHY, DELIVERED

FOR the little ONES

MEATBALLS (QUARTERED)

STEAMED BROCCOLI

Pasta & Sauce
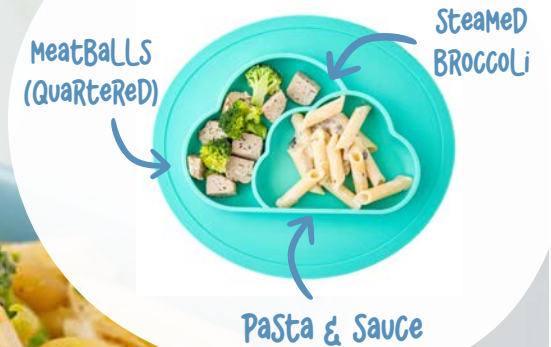
CReamy MeatBall Pasta

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

🕐 20 Minutes   🍴 2 Servings   🐔 Chicken & Pork

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FROM YOUR BOX

SHORT PASTA	1/2 packet
CHICKEN MEATBALLS	1 packet
BROWN ONION	1
BROCCOLI	1
CARBONARA SAUCE	1 pouch

FROM YOUR PANTRY

oil for cooking, salt, pepper

COOKING TOOLS

saucepan, large frypan

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

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

1. Boil the Pasta

Bring a saucepan of water to the boil. Add 1/2 packet pasta and cook according to packet instructions or until cooked al dente. Drain.

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

2. Brown the Meatballs

Heat a frypan with **1 tbsp oil** over medium-high heat. Add meatballs and cook, turning, for 3 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, cut broccoli into small florets. Add to pan as you go and cook for 6-8 minutes.

4. Pour in the Sauce

Pour in carbonara sauce and simmer for 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.