



Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



Pasta Primavera with Chicken and Ricotta

Bowtie pasta tossed with fresh creamy ricotta, tender chicken pieces, colourful vegetables and finished with a burst of citrus from capers.

25 minutes

4 servings

Chicken

Use fresh herbs!

If you have any fresh thyme, basil or oregano, you can use it in this dish!

Per serve: **PROTEIN** 59g **TOTAL FAT** 20g **CARBOHYDRATES** 108g

FROM YOUR BOX

SHORT PASTA	500g
CHICKEN STIR-FRY STRIPS	600g
TOMATOES	2
ZUCCHINI	1
YELLOW CAPSICUM	1
GARLIC CLOVE	1
RICOTTA	1 tub
CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

KEY UTENSILS

large frypan, saucepan

NOTES

You can grate or peel the zucchini to further hide any greens from fussy eaters!

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook according to packet instructions or until al-dente. Drain and set aside.



2. SEAL THE CHICKEN

Heat a frypan over medium-high heat with oil. Add chicken and **3 tsp dried Italian herbs**. Cook for 3-4 minutes until sealed. Season with **salt and pepper**.



3. ADD THE VEGETABLES

Dice tomatoes and zucchini (see notes). Slice capsicum. Add to pan as you go. Add crushed garlic clove and cook for 6 minutes until softened.



4. TOSS THE PASTA

Stir ricotta and cooked pasta with chicken and vegetables until well combined. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Divide pasta among bowls. Garnish with drained capers.



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