



### Product Spotlight: Cherry Tomatoes

Although tomatoes are fruit, they are more like vegetables nutritionally. Keep them on your benchtop for a rich, ripe flavour.



## Chicken Pesto Pasta

Searched herby chicken schnitzels served on top of tagliatelle pasta, tossed with pesto, cherry tomatoes and capsicum. A speedy family favourite!



20 minutes



2 servings



Chicken

1 September 2023

### Garnish it!

*Add fresh basil, parmesan cheese or toasted pine nuts to this dish if you have some!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	31g	53g

## FROM YOUR BOX

LONG PASTA	1 packet (250g)
CHICKEN SCHNITZELS	300g
BROWN ONION	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 packet (200g)
PESTO	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried Italian herbs

## KEY UTENSILS

2 frypans, saucepan

## NOTES

Use cream or sour cream instead of the reserved cooking liquid for a creamier pasta sauce.

You can toss the sliced chicken through the pasta if preferred.

**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. Reserve **1/2 cup cooking liquid** before draining. Set aside.



### 2. COOK THE CHICKEN

Coat chicken with **1 tsp Italian herbs, oil, salt and pepper**. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



### 3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with **oil**. Dice onion and capsicum. Halve tomatoes. Add to pan as you go. Cook for 5 minutes until softened.



### 4. TOSS THE PASTA

Stir pesto and reserved cooking liquid into pan (see notes). Add cooked pasta and toss until well combined. Season to taste with **salt and pepper**.



### 5. FINISH AND SERVE

Slice chicken schnitzels and serve on top of pasta (see notes).



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