



FOR the  
Little ones



CHERRY  
tomatoes

SNOW  
Peas

CREAMY Pasta With  
SHREDDed chicken



# Lemon Chicken Pasta

Golden sliced chicken served with a light creamy lemon pasta topped with cherry tomatoes and crunchy snow peas.

 30 Minutes

 2 Servings

 Chicken

Per serve :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	49g	37g	143g

## FROM YOUR BOX

SHORT PASTA	1 packet
CHERRY TOMATOES	200g
SNOW PEAS	150g
CHICKEN SCHNITZELS	300g
SAGE	1 packet
BROWN ONION	1
GARLIC CLOVES	2
LEMON	1
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano (or Italian herbs)

## COOKING TOOLS

saucepan, large frypan

You can cook and shred the chicken and toss it through the pasta.

### 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 pasta.



### 1. COOK the Pasta

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

**tip** Cook all the pasta for great leftovers!



### 4. Saute the ONION, GARLIC & Sage

Chop **sage to yield 1 tbsp**. Dice **onion**, crush **garlic** and **zest lemon** (use 1-2 tsp zest). Add to reserved pan with **2 tbsp oil** and cook for 3-5 minutes.

**tip** When zesting the lemon, take care to use only the yellow zest and not the white membrane which is bitter.



### 2. PREPARE the TOPPINGS

Halve **cherry tomatoes**, trim and slice **snow peas**.



### 5. TOSS Sauce & Pasta

Stir in **sour cream** and **1/2 cup reserved pasta water**. Simmer for 3-4 minutes, then toss in **pasta** to combine. Season with **salt and pepper**.

**tip** Add a stock cube for extra flavour, and use more pasta water if needed.



### 3. COOK the Chicken

Heat a pan with **oil** over medium-high heat. Season **chicken** with **1/2 tsp oregano, salt and pepper**. Cook for 6-8 minutes on each side or until cooked through. Set aside on a chopping board, reserve pan.

**tip** Cook the chicken on the barbecue if you like!



### 6. FINISH AND SERVE

Slice the **chicken** (optional).

Serve **pasta** topped with **sliced chicken, fresh veggies** and **remaining lemon** cut into wedges. Chop and sprinkle with any extra **sage** to taste.