A2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	19g	46g

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!
Wash your veggies and set out all ingredients, 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!*



2. PREPARE THE TOPPINGS

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



3. COOK THE CHICKEN

Heat a pan with **oil** over medium-high heat. Season **chicken** with **1/2-1 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!*



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.*



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.*



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.