



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

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## FROM YOUR BOX

|                    |                 |
|--------------------|-----------------|
| SHORT PASTA        | 1 packet (500g) |
| 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.



### 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!



### 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.