A

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 | 4/6 SERVINGS | CHICKEN

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g/44g	18g/20g	46g/44g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	1 packet	1 packet
CHERRY TOMATOES	200g	2 x 200g
SNOW PEAS	150g	2 x 150g
CHICKEN SCHNITZELS	600g	600g + 300g
SAGE	1 packet	1 packet
BROWN ONION	1	1
GARLIC CLOVES	2	3
LEMON	1	1
SOUR CREAM	1 tub	2 tubs

FROM YOUR PANTRY

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

COOKING TOOLS

saucepan, large frypan

No gluten option - pasta is replaced with GF 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 **pasta** and cook according to packet instructions or until al dente. Drain and reserve **1 cup pasta water**.

tip *Stir a few times to ensure the pasta doesn't stick together.*



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 **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!*



4. SAUTE THE ONION, GARLIC & SAGE

Chop **sage to yield 1-2 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.

6P - zest the whole lemon and use 2 tbsp chopped sage.



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.