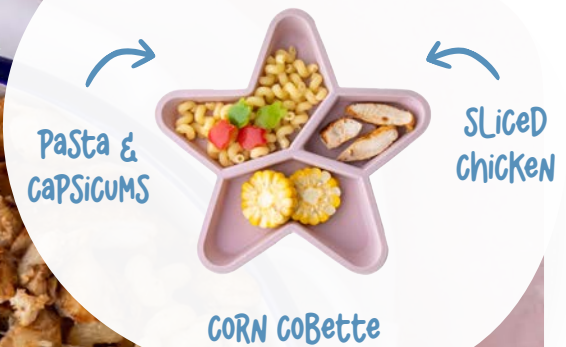


for the  
little ones

# Chicken Pasta Salad



25 Minutes



4 Servings



Chicken

A smoky, creamy chicken pasta salad with fresh veggies tossed in a mild chipotle dressing.

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## FROM YOUR BOX

SHORT PASTA	1 packet
CORN COBS	2
CHICKEN TENDERLOINS	600g
RED CAPSICUM	1
GREEN CAPSICUM	1
CHIPOTLE DRESSING	2 sachets

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

## COOKING TOOLS

saucepan, large frypan

Grill the chicken and corn cobs if you prefer!

### 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 **pasta** and cook according to packet instructions or until al dente. Drain and rinse in cold water.

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



### 2. Char the CORN KERNELS

Remove **corn** kernels from cobs. Heat a large frypan with **oil** over high heat. Add corn and cook for 5 minutes until golden, season with salt. Transfer to a large mixing bowl. Reserve frypan for the next step.



### 3. COOK the Chicken

Toss **chicken tenderloins** with **oil**, **2 tsp smoked paprika**, **salt and pepper**. Add to reserved frypan and cook over medium-high heat for 10 minutes, turning occasionally until cooked through.

**tip** You can use oregano, cumin, cajun or Mexican spice blend instead if you prefer.



### 4. PREPARE the INGREDIENTS

Slice **red and green capsicum**. Shred or slice chicken.

**tip** Add any other veggies to your liking such as avocado, tomatoes, cucumbers or celery!



### 5. TOSS the Pasta

Add pasta to the bowl with corn along with **chipotle dressing**. Toss to combine and season with **salt and pepper** to taste.

**tip** If you are unsure about the dressing, serve as a dip instead, or use a tomato salsa or pasta sauce instead.



### 6. FINISH AND SERVE

Serve dressed pasta with chicken and capsicums.

**tip** You can serve with some lime wedges for an extra boost of flavour.