

for the
little onesCHERRY
TOMATOESSNOW
PEASCREAMY 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



4/6 Servings



Chicken

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FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|--------------------|----------|-------------|
| SHORT PASTA | 1 packet | 1 packet |
| CHERRY TOMATOES | 200g | 2 x 200g |
| SNOW PEAS | 150g | 250g |
| 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!

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 reserve **1 cup pasta water**.

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



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.

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 **2-3 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.