



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



4/6 Servings



Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g/44g	27g/30g	143g/70g

## 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.

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



### 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.