



Product Spotlight: Celery

Celery can dehydrate if left uncovered in the fridge. To revive your celery, cut off the base and the leaf ends, put it in a bowl or glass of water and pop it in the fridge for a couple of hours and voila!



Buffalo Chicken Pasta

A classic buffalo flavour combined with chicken and creamy pasta with pops of sweet corn and crunchy celery finished with fresh spring onions.



25 minutes



2 servings



Chicken

24 February 2023

Spice it up!

Add a splash of tabasco sauce for a more authentic and spicy flavour if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	16g	115g

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
SPRING ONIONS	1 bunch
CHICKEN STIR-FRY STRIPS	300g
BUFFALO SPICE MIX	1 packet
TOMATO	1
CELERY STALK	1
CORN COB	1
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can cook the whole packet of pasta and use the full amount of spice mix and sour cream to make extra serves. Add more vegetables if preferred.

You can finely slice the celery if you prefer less crunch. Or to dice it small, cut the stalks into 3 lengths before dicing.

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 (see notes). Reserve **1/4 cup cooking water** before draining pasta.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Slice and add spring onions (reserve tops for garnish) along with chicken. Cook for 2-3 minutes until sealed. Stir in 1/2 packet spice mix, add more **oil** if needed.



3. ADD THE VEGETABLES

Dice tomato and celery (see notes). Remove corn from cob. Add to pan as you go and cook for 5 minutes until softened and chicken is cooked through.



4. TOSS THE PASTA

Stir in 1/2 tub sour cream and **reserved pasta water**. Toss in cooked pasta until well combined. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Garnish pasta with spring onion tops and serve.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

