

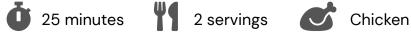




# Chicken and Corn Pasta

## with Ricotta and Basil

Gemelli pasta tossed with garlic butter corn kernels, chicken breast, cherry tomatoes, creamy ricotta and sweet basil.







Warm it up!

You can bake the ricotta, cherry tomatoes, corn and chicken in an oven dish with balsamic vinegar, herbs and olive oil to make a warm sauce! Stir the basil through the cooked pasta and save the avocado for a different meal.

PROTEIN TOTAL FAT CARBOHYDRATES 123g

65g 6 October 2023

### **FROM YOUR BOX**

SHORT PASTA	500g
CORN COB	1
GARLIC CLOVE	1
COOKED CHICKEN BREAST	1 packet
CHERRY TOMATOES	1 packet (200g)
CHERRY TOMATOES  AVOCADO	1 packet (200g)
AVOCADO	1

#### FROM YOUR PANTRY

olive oil, salt, pepper, butter, balsamic vinegar, dried Italian herbs

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can use dried oregano instead of Italian herbs if preferred.

No gluten option - pasta is replaced with GF pasta.



#### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add <a href="1/2">1/2 packet pasta</a> and cook according to packet instructions. Drain pasta.



#### 2. COOK THE CORN

Heat a frypan over medium-high heat with 1 tbsp olive oil. Remove corn from cobs, add to pan and cook for 5-8 minutes.



#### 3. FINISH THE SAUCE

Add 1 crushed garlic clove, 1 tsp Italian herbs and 2 tbsp butter (see notes). When butter has melted, stir in 1 tbsp balsamic vinegar. Take off heat.



## 4. PREPARE THE COMPONENTS

Tear or slice cooked chicken into smaller pieces. Halve tomatoes and dice avocado.



## 5. TOSS THE PASTA

Toss cooked pasta with corn and butter sauce until coated. Add chicken, fresh components and ricotta. Toss to combine. Season to taste with salt and pepper.



#### 6. FINISH AND SERVE

Slice basil leaves. Stir 1/2 through the pasta and use the remaining to garnish. Serve at the table.



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



