



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Wrap your chives in a damp paper towel or kitchen towel and store them in a plastic bag or container to prevent them from dehydrating.



B2

## Curried Chicken Pasta Salad

Poached chicken tossed through little pasta shells with fresh tomato, celery, sultanas and creamy curried yoghurt dressing.



30 minutes



2 servings



Chicken

2 December 2022

## Change the flavour!

*You can use sweet chilli sauce or pesto instead of curry powder in the dressing if preferred. Or you can use parmesan cheese and a little mayonnaise to make a caesar style pasta salad.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	70g	14g	124g

## FROM YOUR BOX

CHICKEN BREAST FILLET	300g
SHORT PASTA	1 packet
NATURAL YOGHURT	1 tub
SULTANAS	1 packet
CELERY STICK	1
CARROT	1
BABY COS LETTUCE	1
TOMATO	1
CHIVES	1 bunch

## FROM YOUR PANTRY

salt, pepper, curry powder

## KEY UTENSILS

saucepan with lid, large saucepan

## NOTES

Curry powders vary considerably in strength. Use yours to taste.

You can cook the whole packet of pasta and save some for leftovers!

For a sweeter finish, you can add some mayonnaise to the dressing.

**No gluten option - pasta is replaced with GF pasta.**



### 1. POACH THE CHICKEN

Halve chicken breast lengthways or cut into schnitzels. Place in a saucepan along with **salt** and **1 tsp curry powder** (see notes). Cover with water, bring to a simmer and cook, semi-covered, for 12-15 minutes or until cooked through (see step 4).



### 2. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook according to packet instructions or until al-dente (see notes). Drain and rinse under cold water.



### 3. PREPARE THE SALAD

Combine yoghurt, sultanas and **1-2 tsp curry powder** in a large bowl (see notes). Slice celery, grate carrot, shred lettuce and dice tomato. Add to bowl and set aside.



### 4. SHRED THE CHICKEN

Remove cooked chicken from saucepan and thinly slice or shred using two forks. Add to bowl with salad.



### 5. TOSS THE PASTA

Toss drained pasta with chicken and salad until well coated with dressing. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Slice chives and sprinkle on top of pasta to garnish.

**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**

