



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Garlic

Remove the smell of garlic from your hands by running them under cold water while rubbing a stainless steel object!



## B2 Garlic Roast Cherry Tomato and Chicken Spaghetti

Sweet cherry tomatoes roasted in the oven with capsicum, garlic and Italian herbs, tossed with tender pieces of chicken and spaghetti.



25 minutes



2 servings



Chicken

21 October 2022

## Change the herbs!

*Instead of dried Italian herbs, you can use fresh rosemary or thyme. You could also add fennel seeds or chilli flakes for an extra flavour boost.*

## FROM YOUR BOX

RED CAPSICUM	1
CHERRY TOMATOES	1 packet (200g)
DICED CHICKEN BREAST	300g
LONG PASTA	1 packet (250g)
BABY COS LETTUCE	1
CAPERS	1 jar

## FROM YOUR PANTRY

olive oil, salt, pepper, 2 garlic cloves, dried Italian herbs, ground paprika, apple cider vinegar

## KEY UTENSILS

oven dish, saucepan

## NOTES

If you don't feel like turning on the oven you can cook all the ingredients in a large frypan instead.

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



### 1. PREPARE THE TRAYBAKE

Set oven to 220°C (see notes).

Slice capsicum and halve tomatoes. Add to a lined oven dish with chicken. Toss with crushed **garlic cloves**, **1/2 tbsp paprika**, **1 tsp Italian herbs**, **1/3 cup olive oil**, **salt and pepper**. Roast for 20 minutes.



### 4. TOSS THE PASTA

Remove dish from oven and use a spoon to carefully squash the tomatoes. Drain capers and toss in along with pasta until well combined. Season with **salt and pepper** to taste.



### 2. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook according to packet instructions or until al-dente. Drain and set aside.



### 3. PREPARE THE LETTUCE

Separate and rinse lettuce leaves. Whisk **1 tsp vinegar**, **2 tsp olive oil**, **salt and pepper**. Toss through leaves.



### 5. FINISH AND SERVE

Serve pasta with a side of dressed leaves.

**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**

