



Product Spotlight: Sun-dried Tomatoes

The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



Tuscan Chicken Tagliatelle

A creamy sun-dried tomato sauce tossed through long pasta served with golden, seared chicken breast fillets and finished with fresh basil.



25 minutes



2 servings



Chicken

15 September 2023

Smaller bites!

You can slice or shred the chicken after it's cooked and toss it through the pasta if preferred!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	72g	27g	123g

FROM YOUR BOX

LONG PASTA	250g
CHICKEN BREAST FILLET	300g
BROWN ONION	1
TOMATO	1
SUN-DRIED TOMATOES	100g
SOUR CREAM	1 tub
BABY SPINACH	1 bag (60g)
BASIL	20g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

2 frypans, saucepan

NOTES

Add a little olive oil to the cooking water and stir the pasta occasionally as it cooks. This will prevent the pasta from sticking together.

If you don't have 2 frypans, you can roast the chicken in the oven at 220°C for 15–20 minutes until cooked through.

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 (see notes). Reserve **1/2 cup cooking water** before draining. Return to saucepan.



2. COOK THE CHICKEN

Cut chicken breast in half. Coat with **1 tsp Italian herbs, oil, salt and pepper**. Heat a frypan over medium-high heat and cook chicken for 6–8 minutes each side or until cooked through (see notes).



3. SAUTÉ THE VEGETABLES

Meanwhile, heat a second frypan over medium-high heat with **olive oil**. Dice onion and tomato. Add to pan as you go with **1/2 tsp Italian herbs** and **1/2 tbsp vinegar**. Cook for 5 minutes until caramelised.



4. SIMMER THE SAUCE

Slice and add sun-dried tomatoes along with sour cream. Stir in **1/2 cup water**. Reduce heat to medium and simmer for 5 minutes.



5. TOSS THE PASTA

Add spinach and sauce to pan with cooked pasta. Toss with **1/2 cup reserved cooking water** until well combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Transfer pasta to a large serving dish. Top with chicken and garnish with basil leaves.



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