



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Capers


Capers are actually little flower buds!
They come from a plant called Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.



B4 Chicketti

Chicketti (chicken and spaghetti) is a delicious family dinner. Oven-roasted chicken drumsticks flavoured with our hand-blended custom spice rub and served with tomato spaghetti.

 35 minutes

 4 servings

 Chicken

27 May 2022

Prep Ahead!

Roast the chicken ahead of time and remove the meat from the bones. Make the sauce and cook the spaghetti according to the recipe instructions, folding through the chicken to warm up.

FROM YOUR BOX

CHICKEN DRUMSTICKS	8-pack
SPICE RUB	1 packet
SPAGHETTI	1 packet (500g)
BROWN ONION	1
CARROT	1
TOMATO SUGO	1 jar
BABY SPINACH	1 bag (120g)
BABY CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Finish with some parmesan for extra flavour!

No gluten option - pasta is replaced with GF pasta.



1. ROAST THE CHICKEN

Set oven to 220°C.

Slash drumsticks and rub with **oil** and **spice rub**, reserving 3 tsp. Arrange on a lined oven tray and roast for 25 minutes or until golden and cooked through.



2. COOK THE SPAGHETTI

Bring a saucepan of water to the boil. Add spaghetti to boiling water and cook according to packet instructions or until al dente. Drain, reserving **1 cup cooking water**. See step 5.



3. SAUTÉ THE ONION

In the meantime, heat a large frypan with **oil** over medium-high heat. Slice onion and grate carrot. Add to pan and cook for 5 minutes or until softened. Add the reserved 3 tsp spice mix.



4. MAKE THE SAUCE

Add tomato sugo and **1 cup water** to pan. Stir in spinach, cover and cook for 5 minutes or until spinach is wilted.



5. TOSS IN THE SPAGHETTI

Drain capers (rinse if desired) and add half to pan along with spaghetti, **1/2 tbsp balsamic vinegar** and **1/2-1 cup cooking water**. Toss to combine well and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve tomato spaghetti with a side of roasted chicken drumsticks. Scatter with remaining capers to taste (see notes).

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

