




Product Spotlight: Celery


Celery can dehydrate if left uncovered in the fridge. To revive your celery, cut off the base and the leaf ends, put it in a bowl or glass of water and pop it in the fridge for a couple of hours and voila!



Buffalo Chicken Pasta

A classic buffalo flavour combined with chicken and creamy pasta with pops of sweet corn and crunchy celery finished with fresh spring onions.

 25 minutes

 4 servings

 Chicken

24 February 2023

Spice it up!

Add a splash of tabasco sauce for a more authentic and spicy flavour if you have some!

Per serve: **PROTEIN** 52g **TOTAL FAT** 15g **CARBOHYDRATES** 107g

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
SPRING ONIONS	1 bunch
CHICKEN STIR-FRY STRIPS	600g
BUFFALO SPICE MIX	1 packet
TOMATOES	2
CELERY STALKS	2
CORN COB	1
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

You can finely slice the celery if you prefer less crunch. Or to dice it small, cut the stalks into 3 lengths before dicing.

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. Reserve **1/4 cup cooking water** before draining pasta.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Slice and add spring onions (reserve tops for garnish) along with chicken. Cook for 2-3 minutes until sealed. Stir in spice mix, add more **oil** if needed.



3. ADD THE VEGETABLES

Dice tomatoes and celery (see notes). Remove corn from cob. Add to pan as you go and cook for 5 minutes until softened and chicken is cooked through.



4. TOSS THE PASTA

Stir in sour cream and **reserved pasta water**. Toss in cooked pasta until well combined. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Garnish pasta with spring onion tops and serve.

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

