



### Product Spotlight: Almonds

Toasting the almonds before eating them gives them a richer, deeper and nuttier flavour.



## Basil Chicken with Tomato and Caper Pasta

A light and flavourful pasta dish with tomatoes, capers and spinach, topped with basil pesto chicken pieces and toasted almonds.



20 minutes



4 servings



Chicken

20 January 2023

## Make the sauce!

*You can blend the vegetables after sautéing them to make a smoother sauce for the pasta, hiding any veggies from fussy eaters!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	26g	103g

## FROM YOUR BOX

LONG PASTA	1 packet
SLIVERED ALMONDS	1 packet
RED ONION	1
RED CAPSICUM	1
TOMATOES	2
BASIL PESTO CHICKEN	1 packet
CAPERS	1 jar
BABY SPINACH	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, balsamic vinegar

## KEY UTENSILS

saucepan, 2 frypans

## NOTES

For a more adventurous flavour, use fennel seeds and chilli flakes in the vegetables. Add some crushed garlic for extra background flavour.

**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. Drain pasta.



### 2. TOAST THE ALMONDS

Toast almonds in a frypan over medium-high heat for 3-4 minutes, or until golden. Remove and reserve pan.



### 3. SAUTÉ THE VEGETABLES

Add **1/4 cup olive oil** to pan. Slice onion and capsicum, dice tomatoes. Add all to pan as you go. Stir in **2 tsp dried thyme** and **2 tbsp balsamic vinegar** (see notes). Cook for 10-12 minutes until softened and reduced.



### 4. COOK THE CHICKEN

Meanwhile, heat a second frypan over medium heat with **oil**. Add chicken and cook for 8-10 minutes, turning until cooked through.



### 5. TOSS THE PASTA

Drain and add capers to vegetables along with spinach. Toss in cooked pasta until well combined. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Top pasta with basil chicken and almonds. Bring to the table to 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**

