



Product Spotlight: Basil

Fresh basil should be added to dishes for a short cooking time or at the very end to retain its lovely flavour.



Chicken and Corn Pasta

with Ricotta and Basil

Gemelli pasta tossed with garlic butter corn kernels, chicken breast, cherry tomatoes, creamy ricotta and sweet basil.



25 minutes



4 servings



Chicken

6 October 2023

Warm it up!

You can bake the ricotta, cherry tomatoes, corn and chicken in an oven dish with balsamic vinegar, herbs and olive oil to make a warm sauce! Stir the basil through the cooked pasta and save the avocado for a different meal.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	42g	120g

FROM YOUR BOX

SHORT PASTA	500g
CORN COBS	2
GARLIC CLOVES	2
COOKED CHICKEN BREAST	1 packet
CHERRY TOMATOES	1 packet (200g)
AVOCADOS	2
RICOTTA	500g
BASIL	1 packet (20g)

FROM YOUR PANTRY

olive oil, salt, pepper, butter, balsamic vinegar, dried Italian herbs

KEY UTENSILS

large frypan, saucepan

NOTES

You can use dried oregano instead of Italian herbs if preferred.

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. COOK THE CORN

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Remove corn from cobs, add to pan and cook for 5–8 minutes.



3. FINISH THE SAUCE

Add 2 crushed garlic cloves, **2 tsp Italian herbs** and **2 tbsp butter** (see notes). When butter has melted, stir in **2 tbsp balsamic vinegar**. Take off heat.



4. PREPARE THE COMPONENTS

Tear or slice cooked chicken into smaller pieces. Halve tomatoes and dice avocados.



5. TOSS THE PASTA

Toss cooked pasta with corn and butter sauce until coated. Add chicken, fresh components and ricotta. Toss to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice basil leaves. Stir 1/2 through the pasta and use the remaining to garnish. Serve at the table.



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