



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chives

Any leftover chives are delicious in a breakfast omelette! Wrap your chives in a damp paper towel or kitchen towel and store them in a plastic bag or container to prevent them from dehydrating.



B4

Curried Chicken Pasta Salad

Poached chicken tossed through little pasta shells with fresh tomato, celery, sultanas and creamy curried yoghurt dressing.



30 minutes



4 servings



Chicken

2 December 2022

Change the flavour!

You can use sweet chilli sauce or pesto instead of curry powder in the dressing if preferred. Or you can use parmesan cheese and a little mayonnaise to make a caesar style pasta salad.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	67g	9g	111g

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
SHORT PASTA	1 packet
NATURAL YOGHURT	1 tub
SULTANAS	1 packet
CELERY STICKS	2
CARROT	1
BABY COS LETTUCE	1
TOMATOES	2
CHIVES	1 bunch

FROM YOUR PANTRY

salt, pepper, curry powder

KEY UTENSILS

saucepan with lid, large saucepan

NOTES

Curry powders vary considerably in strength. Use yours to taste.

For a sweeter finish, you can add some mayonnaise to the dressing.

No gluten option - pasta is replaced with GF pasta.



1. POACH THE CHICKEN

Halve chicken breasts lengthways or cut into schnitzels. Place in a saucepan along with **salt** and **1-2 tsp curry powder** (see notes). Cover with water, bring to a simmer and cook, semi-covered, for 12-15 minutes or until cooked through (see step 4).



2. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta to boiling water and cook according to packet instructions or until al-dente. Drain and rinse under cold water.



3. PREPARE THE SALAD

Combine yoghurt, sultanas and **2 tsp curry powder** in a large bowl (see notes). Slice celery, grate carrot, shred lettuce and dice tomatoes. Add to bowl and set aside.



4. SHRED THE CHICKEN

Remove cooked chicken from saucepan and thinly slice or shred using two forks. Add to bowl with salad.



5. TOSS THE PASTA

Toss drained pasta with chicken and salad until well coated with dressing. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice chives and sprinkle on top of pasta to garnish.

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**

