

FOR the
Little ONES

Pesto Pasta

Family-approved penne pasta tossed in a creamy pesto sauce with shredded chicken and served with a cherry tomato side salad.



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FROM YOUR BOX

SHORT PASTA	1 packet
CHERRY TOMATOES	2 x 200g
AVOCADO	1
BASIL	1 packet
BASIL PESTO	1 jar
SOUR CREAM	1
PRE-COOKED CHICKEN	1 packet

FROM YOUR PANTRY

salt, pepper

COOKING TOOLS

large saucepan

Omit the sour cream and make a pasta salad instead with all the ingredients tossed together.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

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 the packet instructions or until cooked al dente. Reserve **1 cup pasta water** then drain, see step 3.

tip Stir a few times to ensure the pasta doesn't stick together.



2. Make the SaLad

In the meantime, halve cherry tomatoes and dice avocado. Slice basil leaves (reserve some for garnish if you like!). Toss in a bowl.

tip Drizzle with a little olive oil and balsamic vinegar if you like!



3. Make the SaUce

Once pasta is drained, add pesto and sour cream to the saucepan. Heat up and simmer for 2 minutes. Add chicken with **1/2 - 1 cup reserved pasta water** to warm through.



4. TOSS SaUce With Pasta

Toss pasta into sauce to combine. Season with **salt and pepper** to taste.



5. fInISH AND SerVe

Serve pesto pasta with tomato salad at the table. Garnish with any reserved basil leaves.