



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Chicken Schnitzels


Chicken schnitzels are cut from chicken breast fillets. That means you get lots of protein, not much fat, and a thin piece of meat that cooks much faster than a whole breast fillet.



2 Chicken Puttanesca

This comfort meal features olives, capers, lots of veggies and tender chicken.

 30 minutes

 4 servings

 Chicken

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Bake it!

Transform this dish to a pasta bake; complete all steps except for the last one. Then slice chicken, toss everything together, place in an oven dish, sprinkle with shredded cheese or bocconcini, and bake in the oven until cheese has melted.

FROM YOUR BOX

SHORT PASTA	1 packet (500g)
CHICKEN SCHNITZELS	600g
BROWN ONION	1
GARLIC CLOVES	2
CAPERS	1/2 jar *
RED CAPSICUM	1
ZUCCHINI	1
PASTA SAUCE	1 jar (500g)
GREEN OLIVES	1/2 jar *
BABY SPINACH	1/2 bag (100g) *
BASIL	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano

KEY UTENSILS

large frypan, saucepan

NOTES

You can slice the chicken before serving if preferred.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente.



2. COOK THE CHICKEN

Heat a large frypan over high heat. Rub the chicken with **oil, 1 tsp oregano, salt and pepper**. Add to pan and cook for 2-3 minutes each side until browned. Remove and keep pan over medium-high heat.



3. COOK THE ONION

Add **2 tbsp oil** to pan. Slice and add onion, cook for 4 minutes. Crush and add garlic with drained capers and **2 tsp oregano**.



4. ADD THE VEGETABLES

Dice and add capsicum and zucchini with pasta sauce and **1/2 jar water**. Return chicken to pan and simmer, covered, for 10 minutes.



5. FINISH THE SAUCE

Roughly chop olives (optional) and add to sauce with spinach. Cook for 2-3 minutes until spinach has wilted. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta among bowls and top with sauce and chicken (see notes). Sprinkle with torn basil leaves.

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