



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

 2 servings

 Chicken

17 August 2020

## 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	250g
CHICKEN SCHNITZELS	300g
RED ONION	3/4 *
GARLIC CLOVE	1
CAPERS	1/2 jar *
RED CAPSICUM	1/2 *
COURGETTES	2
TOMATO SUGO	1 jar (350g)
GREEN OLIVES	1/2 jar *
GREEN BEANS	1/2 bag (75g) *
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 pot 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, 1/2 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 **1 tbsp oil** to pan. Slice and add onion, cook for 4 minutes. Crush and add garlic with drained capers and **1 tsp oregano**.



### 4. ADD THE VEGETABLES

Dice capsicum and slice courgettes, add with tomato sugo and **1/3 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 trimmed and halved green beans. Cook for 2-3 minutes, 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.

**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**

