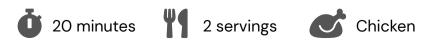






# with Roast Tomato Spaghetti

Panko crumbed chicken schnitzels served alongside roast tomato & capers tossed spaghetti with a side of rocket leaves.



15 June 2020

### FROM YOUR BOX

CHERRY TOMATOES	1 packet (200g)
GARLIC CLOVE	1
PANKO CRUMBS	1 packet (50g)
SHAVED PARMESAN CHEESE	1/2 packet (75g) *
ТНҮМЕ	1/3 packet *
CHICKEN SCHNITZELS	300g
LONG PASTA	1 packet (250g)
CAPERS	1 jar
ROCKET LEAVES	1 bag (60g)

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

olive + oil/butter for cooking, salt, pepper, egg (1), red or white wine vinegar

### **KEY UTENSILS**

oven dish, frypan, saucepan

#### NOTES

To quickly remove thyme leaves - place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

When cooking long pasta, make sure to stir occasionally with a fork to ensure the pasta don't stick together.

No gluten option - pasta is replaced with GF pasta and panko crumbs are replaced with almond meal.



# **1. ROAST THE TOMATOES**

Set oven to 220°C and bring a saucepan of water to the boil (for the pasta).

Place tomatoes (halve any larger ones) in a lined oven dish with crushed garlic, **2 tbsp** olive oil, **1/2 tbsp vinegar**, salt and pepper. Roast for 15 minutes.



# **4. COOK THE CHICKEN**

Heat a frypan with **1-2 tbsp oil/butter** over medium heat. Press chicken into crumbs then add to pan and cook for 4-5 minutes on each side or until cooked to your liking.



## 2. PREPARE THE CRUMB

Combine panko crumbs, half of the parmesan cheese, picked thyme leaves (see notes) from 1/4 packet, **salt and pepper.** 

Whisk **1 egg** in a shallow bowl and add chicken schnitzels.



# **5. TOSS THE PASTA**

Toss pasta and rinsed capers into oven dish with tomatoes. Adjust seasoning with **salt and pepper** if needed.



## **3. BOIL THE PASTA**

Add pasta to boiling water and cook according to packet instructions (see notes). Drain, see step 5.



### **6. FINISH AND PLATE**

Serve crumbed chicken with roast tomato spaghetti and rocket leaves. Top with remaining thyme and parmesan.

