



### Product Spotlight: Baby Cos Lettuce

Baby cos lettuce can often be sandy. Trim the lettuce and separate the leaves. Soak in a bowl of water to remove excess sand before rinsing in a salad spinner.



## Serve it!

*Not only is this recipe a delicious dinner, it is a great option for taking to picnics, barbecues or for work or school lunch. It's just as tasty served hot or cold.*

## Ranch Chicken Pasta Salad

Pan-fried chicken schnitzels, served over a creamy pasta salad flavoured with a custom ranch spice mix, then tossed with corn, capsicum and crunchy fresh lettuce.



25 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	44g	142g

## FROM YOUR BOX

SHORT PASTA	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CORN COB	1
BABY COS LETTUCE	1
CHICKEN SCHNITZELS	300g
RANCH SPICE MIX	1 packet
SOUR CREAM	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

large frypan, saucepan

## NOTES

For our fussy eaters, we recommend keeping corn, capsicum and lettuce separate from the pasta sauce. Serve veggies as a side to the pasta.

Chop chicken and add into the pasta instead of serving on top of the pasta.

**No gluten option - pasta is replaced with GF pasta.**



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### 1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain pasta.



### 2. PREPARE THE INGREDIENTS

Slice **spring onions** (reserve green tops for garnish) and **capsicum**. Remove corn kernels from cob.

Roughly chop **lettuce** and set aside.



### 3. COOK THE CHICKEN

Coat **chicken** with **oil**, **1 tsp thyme**, **salt and pepper**. Heat a large frypan over medium-high heat. Add chicken and cook for 4-5 minutes each side until cooked through. Remove chicken and keep pan over heat for step 4.



### 4. COOK THE SAUCE

Add spring onions, corn and capsicum (see notes) to pan along with extra **oil** as necessary. Cook for 4 minutes to soften. Reduce to medium heat. Add **spice mix** and **sour cream**, stir to combine. Remove from heat.



### 5. TOSS THE PASTA

Add pasta and lettuce to the sauce. Toss to combine. Add **1/4-1/2 cup cooking liquid**, as necessary, to loosen sauce (see notes). Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide pasta among shallow bowls. Add chicken and garnish with spring onion green tops.

**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**

