



Product Spotlight: Rosemary

Rosemary stalks can come in various lengths! Chop the leaves to taste for the roast vegetables in this dish. You can use any leftovers to flavour olive oil or butter!



Rosemary Chicken with Pesto Pasta

Grilled rosemary chicken schnitzels sliced and served alongside pesto-tossed spaghetti with garlic vegetables.



25 minutes



2 servings



Chicken

Switch it up!

You can roast the vegetables and serve them separately from the chicken and pasta. Garnish the pasta with fresh basil or parmesan cheese if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	38g	60g

FROM YOUR BOX

LONG PASTA	1 packet
COURGETTES	2
YELLOW CAPSICUM	1
TOMATO	1
GARLIC CLOVE	1
CHICKEN SCHNITZELS	300g
ROSEMARY SPRIG	1
GREEN PESTO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

griddle pan or frypan, frypan, large saucepan

NOTES

To use up all the pesto in the jar, add a little water to the empty jar, close and shake to rinse. Add pesto water to pasta and stir through.

You can slice the chicken and toss it through the pasta if preferred!

No gluten option – pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** to boiling water and cook according to packet instructions or until al dente. Drain and return to pan.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Dice **courgettes**, **capsicum** and **tomato**. Add to pan as you go along with **crushed garlic clove**, **salt** and **pepper**. Cook for 6–8 minutes until softened.



3. COOK THE CHICKEN

Meanwhile, coat **chicken** with 1/2 tbsp chopped **rosemary leaves**, **oil**, **salt** and **pepper**. Cook in a griddle pan over medium-high heat for 3–4 minutes each side or until cooked through.



4. TOSS THE PASTA

Add **pesto** and **vegetables** to pan with pasta (see notes). Toss until well combined. Season to taste with **salt** and **pepper**.



5. FINISH AND SERVE

Slice and serve **chicken schnitzels** alongside **pasta** (see notes).



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