



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.



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



4 servings



Chicken

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	94g	35g	134g

FROM YOUR BOX

SHORT PASTA	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CORN COBS	2
BABY COS LETTUCE	1
CHICKEN SCHNITZELS	600g
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 **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**, **2 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 **1/2-3/4 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**

