



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.

Chicken Ranch 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



4/6 servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	53g/48g	17g/20g	102g/86g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHORT PASTA	1 packet	1 packet
SPRING ONIONS	1 bunch	2 bunches
RED CAPSICUM	1	2
CORN COBS	2	2
BABY COS LETTUCE	1	2-pack
CHICKEN SCHNITZELS	600g	600g + 300g
RANCH SPICE MIX	1 packet	2 packets
SOUR CREAM	1 tub	2 tubs

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.

Ranch spice mix: onion powder, garlic powder, dried dill, dried thyme, dried parsley.



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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 some 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**, **2-3 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**.

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