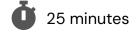






Tuscan Chicken Tagliatelle

A creamy sun-dried tomato sauce tossed through long pasta served with golden, seared chicken breast fillets and finished with fresh basil.







Smaller bites!

You can slice or shred the chicken after it's cooked and toss it through the pasta if preferred!

PROTEIN TOTAL FAT CARBOHYDRATES 67g

109g

FROM YOUR BOX

LONG PASTA	500g
CHICKEN BREAST FILLETS	600g
BROWN ONION	1
TOMATOES	2
SUN-DRIED TOMATOES	100g
SOUR CREAM	1 tub
BABY SPINACH	120g
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

2 frypans, saucepan

NOTES

Add a little olive oil to the cooking water and stir the pasta occasionally as it cooks. This will prevent the pasta from sticking together.

If you don't have 2 frypans, you can roast the chicken in the oven at 220°C for 15-20 minutes until cooked through.

No gluten option - pasta is replaced with GF pasta.





1. COOK THE PASTA

Bring a saucepan of water to a boil. Add pasta and cook according to packet instructions (see notes). Reserve 1 cup cooking water before draining. Return to saucepan.



2. COOK THE CHICKEN

Cut chicken breasts in half. Coat with 2 tsp Italian herbs, oil, salt and pepper. Heat a frypan over medium-high heat and cook chicken for 6-8 minutes each side or until cooked through (see notes).



3. SAUTÉ THE VEGETABLES

Meanwhile, heat a second frypan over medium-high heat with olive oil. Dice onion and tomatoes. Add to pan as you go with 1 tsp Italian herbs and 1 tbsp vinegar. Cook for 5 minutes until caramelised.



4. SIMMER THE SAUCE

Slice and add sun-dried tomatoes along with sour cream. Stir in 1 cup water. Reduce heat to medium and simmer for 5 minutes.



5. TOSS THE PASTA

Add spinach and sauce to pan with cooked pasta. Toss with 1 cup reserved cooking water until well combined. Season to taste with salt and pepper.



6. FINISH AND SERVE

Transfer pasta to a large serving dish. Top with chicken and garnish with basil leaves.

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



