



Product Spotlight: Sun-dried Tomatoes

The practice of sun-drying may have originated in Italy, using the tiled rooftops to dry tomatoes for use during the winter months.



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.



25 minutes



4 servings



Chicken

Smaller bites!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	26g	52g

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	1 bag (60g)
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.



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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 **baby 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**.

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