



Product Spotlight: Almonds

The word "almond" is derived from the ancient Greek word "amygdala", meaning an almond-shaped part of the brain.



2 Cheat's Chicken Parmi with Pesto Pasta

Free-range chicken with a cheesy tomato topping, enjoyed with almond-basil pesto pasta.

In a hurry?

You can dice/slice and pan-fry chicken instead of frying it whole, then mix with remaining ingredients in step 5. Or, for a less hands-on approach, you can bake the chicken breast in the oven, adding passata and cheese halfway.

30 minutes

2 servings

Chicken

FROM YOUR BOX

LONG PASTA	250g
CHICKEN BREAST (SKIN OFF)	300g
PARMESAN CHEESE	1/2 packet *
BASIL	1 packet (60g)
ALMONDS	1 packet (40g)
GARLIC CLOVES	2
TOMATO PASSATA	1/2 cup *
SILVERBEET	1/2 bunch *
CHERRY TOMATOES	1 bag (200g)
OLIVES	1 jar

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, Italian herbs (or oregano)

KEY UTENSILS

large frypan, saucepan, stick mixer (see notes)

NOTES

We lined the frypan with baking paper to keep the chicken from sticking and burning.

If you don't have a stick mixer, you can finely chop the ingredients and stir together well.

Leftover pesto keeps in the fridge for several days and is great in sandwiches, wraps, or tossed through salads.

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain, reserving **3/4 cup water**. Keep pan.

2. COOK THE CHICKEN

Heat frypan over medium heat. Slash chicken breast in 3-4 spots and rub with **oil, 1/2 tsp Italian herbs and salt**. Place into frypan cut-side down (see notes). Cook for 6 minutes.



4. FINISH THE CHICKEN

Turn chicken over, spoon over tomato passata and top with remaining cheese. Cover pan with a lid and cook for a further 6 minutes.

5. TOSS THE PASTA

Reheat saucepan with **2 tbsp oil**. Roughly chop silverbeet, halve tomatoes, and add to saucepan with olives. Cook for 5 minutes, then add pesto (to taste, we used half) and pasta. Toss well with **reserved water** and season with **salt and pepper**.

6. FINISH AND PLATE

Divide pasta between bowls and serve with sliced chicken. Serve any remaining pesto on the side (see notes).

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**

