



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: iPastai Tortellini

Made in Perth using top-quality ingredients & Australian chicken. No artificial colours, flavours or preservatives.



## 4 Chicken Tortellini with Tomato and Vegetable Sauce

Fresh chicken tortellini — in a wholesome Mediterranean sauce with a mesclun leaves and feta cheese topping.

 25 minutes

 2 servings

 Chicken

23 July 2021

## Blitz it

*For a smooth sauce that suits fussy eaters, you can blitz the sauce using a stick mixer or food processor at the beginning of step 5. Then, toss with cooked tortellini as per the recipe.*

## FROM YOUR BOX

BROWN ONION	1/2 *
GARLIC CLOVE	1
GOURMET EGGPLANT	1
ZUCCHINI	1/2 *
ROASTED WHOLE PEPPERS	1/2 jar *
TOMATO SUGO	1 jar
OREGANO	1/2 packet *
LEMON	1/2 *
MESCLUN LEAVES	1 packet
FETA CHEESE	1/2 block *
TORTELLINI	300g

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, dried oregano, chilli flakes (optional), sugar (or honey)

## KEY UTENSILS

frypan, saucepan

## NOTES

If preferred, you can roast the eggplant and zucchini to serve on the side with a red sauce.

**No gluten option – tortellini is replaced with GF gnocchi and sliced chicken.** Boil the gnocchi as per cooking instructions. Add to sauce with chicken and warm through.



### 1. COOK THE ONION

Bring a saucepan of water to the boil (for step 4).

Heat a frypan with **oil** over medium-high heat. Dice and add onion, cook for 3 minutes. Crush and add garlic with **1/2 tbsp dried oregano and 1/3 tsp chilli flakes** (optional).



### 2. ADD THE VEGETABLES

Dice (or grate) eggplant and zucchini, adding to pan as you go (see notes). Slice roasted peppers and add with sugo and **1/2 jar water**. Semi-cover and simmer for 10-15 minutes.



### 3. MAKE THE TOPPING

Roughly chop fresh oregano and whisk together with juice from 1/2 lemon, **1/2 tbsp olive oil, salt and pepper** in a large bowl. Add mesclun leaves and crumbled feta (to taste). Toss to combine.



### 4. COOK THE PASTA

Add tortellini to boiling water and cook for 4-5 minutes, or until tender and cooked through. Drain, reserving **1/2 cup water**.



### 5. TOSS THE PASTA

Using a potato masher, mash the pasta sauce slightly.

Add tortellini to sauce with **reserved pasta water** to thin as necessary (we used 1/4 cup). Season with **1/3 tsp sugar, salt and pepper**.



### 6. FINISH AND PLATE

Divide pasta and sauce among bowls and top with the mesclun salad.

**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**

