



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pine Nuts

As the name suggests, pine nuts are the seeds of the cones from certain pine trees!



4 Chicken and Passata Pasta

Full of wholesome veggies and minimal hands-on work. Free-range sliced chicken in tomato passata sauce served over pasta with a dollop of sour cream and toasted pine nuts.

 25 minutes

 2 servings

 Chicken

8 February 2021

Pasta bake

If preferred, arrange the finished pasta dish in an oven dish and sprinkle over grated or sliced cheese (like mozzarella, cheddar, bocconcini or parmesan). Then bake in the oven at 200–220°C until cheese has melted.

FROM YOUR BOX

SHORT PASTA	250g
PINE NUTS	1 packet (30g)
RED ONION	1/2 *
CARROT	1
TOMATO	1
BABY SPINACH	1 bag (60g)
OREGANO	1 packet
TOMATO SUGO	1 jar (350g)
SOUR CREAM	1/2 tub (100g) *
ROASTED SLICED CHICKEN	1 packet (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, 1 garlic clove, red wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

Instead of making the sour cream dollop, you can just stir the sour cream through the sauce before serving and garnish with remaining oregano.

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 **1/4 cup water**.



2. TOAST PINE NUTS (OPTIONAL)

Toast pine nuts in a large dry frypan over medium-high heat for 1-2 minutes, or until golden. Remove and reserve pan.



3. MAKE THE SAUCE

Re-heat pan with **oil**. Slice onion, crush **garlic**, grate (or dice) carrot, dice tomato. Roughly chop spinach. Add to pan as you go with 1/2 the oregano leaves and tomato sugo. Cover and simmer for 5 minutes.



4. MAKE DOLLOP (SEE NOTES)

Chop remaining oregano and mix with sour cream, **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



5. ADD CHICKEN AND PASTA

Add chicken, pasta and **reserved pasta water** to pan. Simmer for a further 5 minutes. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide pasta among bowls. Top with a dollop of sour cream and sprinkle of pine nuts.

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

