



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Cherry Tomatoes

The red colour of tomatoes is from a plant compound called lycopene. Lycopene has powerful antioxidant properties, meaning it helps protect your body from disease and ageing!



4 Curried Chicken Pasta

Super quick and super tasty! Creamy curry pasta with free-range chicken strips and seasonal veggies.

 20 minutes

 2 servings

 Chicken

19 October 2020

Not a fan of curry?

Not a problem! You can either reduce the amount of curry powder, or completely replace it with 1 tbsp tomato paste and 1 tsp dried oregano.

FROM YOUR BOX

SHORT PASTA	250g
SHALLOT	1
GARLIC CLOVE	1
CHICKEN STRIPS	300g
CARROT	1
GREEN CAPSICUM	1/2 *
CHERRY TOMATOES	1 bag (200g)
SOUR CREAM	1/3 tub *
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder

KEY UTENSILS

frypan, saucepan

NOTES

Curry powders differ greatly in heat and spice levels. Use yours to taste.

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 cup pasta water**.



2. COOK THE SHALLOT

Heat a large frypan with **oil** over medium heat. Slice and add shallot with **1 1/2 tsp curry powder** (see notes). Cook for 5 minutes until softened and golden.



3. ADD THE CHICKEN

Crush garlic and add to pan with chicken strips. Cook for 3- 4 minutes.



4. ADD THE VEGETABLES

Slice (or grate) carrot, dice capsicum and halve cherry tomatoes. Add to pan as you go with **1/4 cup water**. Cover and simmer for 5 minutes.



5. ADD THE PASTA

Add the pasta to the pan along with sour cream. Stir well to combine, adding **reserved pasta water** to thin as necessary (we used 2/3 cup). Season with **salt and pepper**.



6. FINISH AND PLATE

Roughly chop mint.

Divide pasta into bowls and garnish with mint.

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**

