



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pumpkin

The orange colour of pumpkins means that they're rich in carotenoids. That's plant compounds with strong antioxidant properties. In other words? Eating lots of orange fruit & veg is a great way to boost your health!



4 Smoked Chicken and Pumpkin Pasta

This comfort meal features sweet pumpkin, crunchy toasted almonds and smoked chicken breast fillet served with pasta.

 30 minutes

 2 servings

 Chicken

21 September 2020

Smooth sauce

To make a non-chunky sauce, add 1/2 cup water in step 3 instead of step 4. Let simmer 10-15 minutes (until pumpkin is tender), then blend using a stick mixer. Mix with pasta and serve with sliced chicken and a fresh cherry tomato & spinach side salad.

FROM YOUR BOX

LONG PASTA	250g
ALMOND FLAKES	1 packet (40g)
DICED PUMPKIN	250g
RED ONION	1/2 *
GARLIC CLOVE	1
CHERRY TOMATOES	1/2 bag (100g) *
SMOKED CHICKEN BREAST FILLET	1 packet
BABY SPINACH	1/2 bag (60g) *
CHIVES	1/3 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, dried rosemary, salt and pepper

KEY UTENSILS

large & deep frypan, saucepan

NOTES

If you prefer, you can instead roast the pumpkin, onion and tomato in the oven and toss with the pasta, spinach and chicken at the end.

For a creamy finish, add a splash of cream or a little cream cheese at the end. For a savoury finish, mix in some parmesan cheese instead.

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 pasta water**.



2. TOAST THE ALMONDS

Heat a large frypan over medium-high heat and toast almonds until golden. Transfer to a bowl and keep pan over heat.



3. START THE SAUCE

Add **oil** to the frypan and add pumpkin, sliced red onion, crushed garlic and **1/2 tsp rosemary** (see notes). Cook for 4-5 minutes.



4. ADD THE CHICKEN

Halve cherry tomatoes and slice chicken (use chicken to taste), add to pan with **1/2 cup water**. Cover and simmer for 10 minutes.



5. ADD PASTA & SPINACH

Roughly chop the spinach. Lightly mash pumpkin, then add spinach, pasta and **reserved pasta water**. Cook for 2-3 minutes for spinach to wilt, then season to taste with **salt and pepper** (see notes).



6. FINISH AND PLATE

Slice chives.

Divide pasta into bowls and garnish with toasted almonds and chives.

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

