



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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.

 30 minutes

 4 servings

 Chicken

21 May 2021

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.

FROM YOUR BOX

LONG PASTA	500g
CHICKEN BREAST (SKIN OFF)	600g
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.

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 1/2 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 tsp Italian herbs and salt**. Place into frypan cut-side down (see notes). Cook for 6 minutes.



3. MAKE THE PESTO

In a jug, place **1/2** the parmesan, roughly chopped basil (reserve a little for garnish), almonds, crushed garlic, **1/4 cup olive oil and pepper**. Blend until smooth using a stick mixer.



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 or until chicken is cooked through.



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 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.

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**

