



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



4 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

RED ONION	1
GARLIC CLOVES	2
SMALL EGGPLANT	1
ZUCCHINI	1
ROASTED WHOLE PEPPERS	1/2 jar *
TOMATO PASSATA	1 jar
OREGANO	1/2 packet *
LEMON	1/2 *
MESCLUN LEAVES	1 packet
FETA CHEESE	1/2 block *
TORTELLINI	600g

**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

large 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 tbsp dried oregano** and **1/2 tsp chilli flakes** (optional).



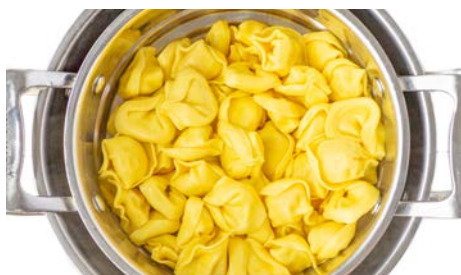
2. ADD THE VEGETABLES

Dice (or grate) eggplant and zucchini, adding to pan as you go (see notes). Slice roasted peppers and add with passata 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 tbsp olive oil, salt and pepper** in a large bowl. Add mesclun leaves and crumbled feta. 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 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 1/2 cup). Season with **1/2 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**

