



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

 4 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	500g
BROWN ONION	1
GARLIC CLOVE	1
CHICKEN STRIPS	300g
CARROTS	2
GREEN CAPSICUM	1
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

large 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 1/2 cup pasta water**.



### 2. COOK THE ONION

Heat a large frypan with **oil** over medium heat. Slice and add onion with **3 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) carrots, dice capsicum and halve cherry tomatoes. Add to pan as you go with **1/2 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 1 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**

