



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Free-Range Eggs


The eggs in your box (and on the Marketplace) are free-range, meaning that they come from happy hens who are free to roam outside and enjoy the beautiful WA sunshine!



4 Sun-dried Tomato & Chicken Pasta

Free-range WA chicken strips, fresh Perth-made pasta, free-range eggs, seasonal greens, and moreish sun-dried tomatoes. Local, easy and delicious — we love it! ♥

 25 minutes

 4 servings

 Chicken

14 December 2020

Blended sauce

Instead of adding the sun-dried tomatoes as-is, you can make a quick sauce. Use a stick mixer to blend the tomatoes with a little olive oil, water, and pepper. You can also add the feta and/or a garlic clove if preferred!

FROM YOUR BOX

BROWN ONION	1
CHICKEN STIR-FRY STRIPS	300g
BROCCOLI	1
SUN-DRIED TOMATOES	1 tub
FRESH PASTA	1 packet (500g)
FREE-RANGE EGGS	4
FETA	1/2 block *
CHIVES	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter (for cooking), salt, pepper, dried thyme, balsamic vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

You can use the oil from the sun-dried tomatoes for extra flavour!

No need to toss the broccoli stem - you can peel and thinly slice it (or, simply grate it!) and add it to the frypan.

No gluten option - pasta is replaced with gluten-free pasta. Cook as per packet instructions.



1. COOK THE ONION

Bring a saucepan of water to the boil for step 3.

Heat a frypan with **oil** (see notes) over medium-high heat. Slice and add onion with **1 tsp thyme**. Cook for 5 minutes, stirring occasionally until softened.



2. ADD THE CHICKEN

Add chicken to pan and cook for a further 3-4 minutes. Cut broccoli into small florets (see notes) and add to pan with **2 tbsp vinegar** and drained, roughly chopped sun-dried tomatoes. Cook for 3-4 minutes.



3. COOK THE PASTA

Add pasta and eggs to boiling water. Cook for 7 minutes or until al dente. Drain, reserving **1/2 cup cooking water**. Run under cold water to cool slightly.



4. FINISH THE PASTA

Chop feta and chives. Add to pan with the pasta (keep some chives for garnish). Toss well with **reserved pasta water** and season with **salt and pepper**.



5. FINISH AND PLATE

Divide pasta among bowls and sprinkle with reserved 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

