



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

 4 servings

 Chicken

21 September 2020

### Smooth sauce

*To make a non-chunky sauce, add 1 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	500g
ALMOND FLAKES	1 packet (40g)
DICED PUMPKIN	500g
RED ONION	1/2 *
GARLIC CLOVES	2
CHERRY TOMATOES	1 bag (200g)
SMOKED CHICKEN BREAST FILLET	1 packet
ENGLISH SPINACH	1 bunch
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 **1/2 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 tsp rosemary** (see notes). Cook for 4-5 minutes.



### 4. ADD THE CHICKEN

Halve cherry tomatoes and slice chicken, add to pan with **1 cup water**. Cover and simmer for 10 minutes.



### 5. ADD PASTA & SPINACH

Wash and 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**

