



Product Spotlight: Broccoli


Tiny flower buds make up the head of broccoli, and if you don't harvest it on time, the broccoli will be full of yellow flowers!





Chicken Schnitzels

with Pasta Puttanesca

Thyme chicken schnitzels cooked until golden and served alongside a classic tomato sugo spaghetti with green olives and a side of broccoli florets.

 25 minutes

 2 servings

 Chicken

Switch it up!

You can crumb the chicken and add some cheese for a parmigiana style pasta dish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	25g	90g

FROM YOUR BOX

LONG PASTA	500g
BROCCOLI	1
BROWN ONION	1
CARROT	1
CHICKEN SCHNITZELS	300g
SLICED GREEN OLIVES	1 jar
TOMATO SUGO	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

saucepan, large frypan

NOTES

Toss broccoli with some butter or olive oil, salt and pepper if you like! Prefer it in the sauce? Chop into smaller florets and cook it with the onion and carrot in step 3 instead. Adds great flavour and texture!

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** to boiling water to cook, see next step.



2. ADD THE BROCCOLI

While the **pasta** is cooking, cut **broccoli** into small florets (see notes). Add to the saucepan for the final 3–4 minutes of **pasta** cooking time. When **pasta** and **broccoli** are tender, drain together. Return **pasta** to the pan and set **broccoli** aside.



3. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium heat with **oil**. Dice **onion** and **carrot** (or grate). Add to pan as you go, along with **1 tsp dried thyme**. Cook for 6–8 minutes until softened. Transfer to saucepan with **pasta**, keep pan on heat for next step.



4. COOK THE CHICKEN

Coat **chicken schnitzels** with **1 tsp dried thyme, oil, salt and pepper**. Cook in pan for 4–5 minutes each side or until cooked through.



5. TOSS THE PASTA & SAUCE

Drain and add **olives** (use to taste), **tomato sugo**, and **1/4 cup water** to the **pasta** in the saucepan. Toss well to combine and warm through over medium heat. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve **chicken schnitzels** alongside **pasta** and **broccoli** (slice if preferred).



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