



Product Spotlight: Cherry Tomatoes

Cherry tomatoes are given their name because of their similar size and shape to cherries! They can have a more concentrated flavour than regular tomatoes due to their size.



Creamy Chicken Florentine Pasta

Linguine pasta with a creamy garlic sauce, tender chicken strips, spinach and cherry tomatoes all tossed together in one pan and finished with toasted almonds.

Add some extras!

You can add some fresh basil, oregano or thyme to this dish if you have some! For a more adventurous flavour you can finish the pasta with some lemon zest, chilli flakes and parmesan.



25 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	60g	49g	114g

FROM YOUR BOX

LONG PASTA	1 packet
SLIVERED ALMONDS	40g
BROWN ONION	1
CHERRY TOMATOES	200g
CHICKEN STIR-FRY STRIPS	300g
GARLIC	1 clove
SPINACH	1 bag
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have dried tarragon, you can use dried Italian herbs, oregano or rosemary!

No gluten option - pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to boil. Add **1/2 packet pasta** to boiling water and cook according to packet instructions or until al-dente. Reserve **1/4 cup cooking water** before draining. Set aside.



2. TOAST THE ALMONDS

Heat a dry frypan over medium-high heat. Add **almonds** and toast for 2-3 minutes until golden. Set aside and keep pan on heat.



3. COOK THE TOMATOES

Add **oil** to pan. Dice **onion** and halve **tomatoes**. Add to pan as you go and cook for 5 minutes until **tomatoes** start to break down.



4. COOK THE CHICKEN

Add **chicken**, crushed **garlic** and **1 tsp tarragon** (see notes). Cook for 6-8 minutes until **chicken** is cooked through.



5. TOSS THE PASTA

Roughly chop **spinach** and add to pan along with **sour cream**, combine well. Stir in cooked **pasta** and add **reserved cooking liquid** as needed to loosen the sauce. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide **pasta** among bowls. Garnish with **slivered almonds**.



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