



Product Spotlight: Garlic

Remove the smell of garlic from your hands by running them under cold water while rubbing a stainless steel object!



Garlic Roast Cherry Tomato and Chicken Spaghetti

Sweet cherry tomatoes roasted in the oven with capsicum, garlic and Italian herbs, tossed with tender pieces of chicken and spaghetti.



25 minutes



2 servings



Chicken

Change the herbs!

Instead of dried Italian herbs, you can use fresh rosemary or thyme. You could also add fennel seeds or chilli flakes for an extra flavour boost.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	55g	107g

FROM YOUR BOX

RED CAPSICUM	1
CHERRY TOMATOES	200g
DICED CHICKEN BREAST	300g
GARLIC CLOVES	2
LONG PASTA	1 packet
BABY COS LETTUCE	1
CAPERS	1 jar

FROM YOUR PANTRY

olive oil, salt, pepper, dried Italian herbs, ground paprika, vinegar of choice

KEY UTENSILS

oven dish, saucepan

NOTES

If you don't feel like turning on the oven you can cook all the ingredients in a large frypan instead.

No gluten option - pasta is replaced with GF pasta.



1. PREPARE THE TRAYBAKE

Set oven to 220°C (see notes).

Slice capsicum and halve tomatoes. Add to a lined oven dish with chicken. Toss with crushed garlic cloves, **1/2 tbsp paprika**, **1 tsp Italian herbs**, **1/3 cup olive oil**, **salt and pepper**. Roast for 20 minutes.



4. TOSS THE PASTA

Remove dish from oven and use a spoon to carefully squash the tomatoes. Drain capers and toss in along with pasta until well combined. Season with **salt and pepper** to taste.



2. COOK THE PASTA

In the meantime, bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook according to packet instructions or until al-dente. Drain and set aside.



5. FINISH AND SERVE

Serve pasta with a side of dressed leaves.



3. PREPARE THE LETTUCE

Separate and rinse lettuce leaves, roughly chop if desired. Whisk **1 tsp vinegar**, **2 tsp olive oil**, **salt and pepper**. Toss through leaves.



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