

**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
	41g	18g	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, large 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**, **2 tsp 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 (use to taste). Season with **salt and pepper** to taste.



2. COOK THE PASTA

In the meantime, bring a large 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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