

**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



4 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
	52g	36g	115g

## FROM YOUR BOX

RED CAPSICUM	1
CHERRY TOMATOES	2 x 200g
DICED CHICKEN BREAST	600g
GARLIC CLOVES	2
LONG PASTA	1 packet
GEM LETTUCE	3-pack
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.**



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### 1. PREPARE THE TRAYBAKE

Set oven to 220°C (see notes).

Slice capsicum and halve tomatoes. Add to a large lined oven dish with chicken. Toss with crushed garlic cloves, **1 tbsp paprika, 2 tsp Italian herbs, 1/2 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 pasta to boiling water and cook according to packet instructions or until al-dente. Drain and set aside.



### 3. PREPARE THE LETTUCE

Separate and rinse lettuce leaves. Whisk **1/2 tbsp vinegar, 1 tbsp olive oil, salt and pepper**. Toss through leaves.



### 5. FINISH AND SERVE

Serve pasta with a side of dressed leaves.

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