



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	41g	5g	41g/28g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED CAPSICUM	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
DICED CHICKEN BREAST	600g	600g + 300g
GARLIC CLOVES	2	3
LONG PASTA	1 packet	1 packet
GEM LETTUCE	3-pack	3-pack
CAPERS	1 jar	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.



Scan the QR code to
submit a Google review!



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**, **1 tbsp paprika**, **2 tsp Italian herbs**, **1/2 cup olive oil**, **salt and pepper**. Roast for 20 minutes.

6P – use **1 1/2 tbsp paprika** and **3 tsp Italian herbs**.



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**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

