

**Product Spotlight:
Almonds**

Toasting the almonds before eating them gives them a richer, deeper and nuttier flavour.



Basil Chicken with Tomato and Caper Pasta

A light and flavourful pasta dish with tomatoes, capers and spinach, topped with basil pesto chicken pieces and toasted almonds.



20 minutes



2 servings



Chicken

Make the sauce!

You can blend the vegetables after sautéing them to make a smoother sauce for the pasta, hiding any veggies from fussy eaters!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	76g	36g	112g

FROM YOUR BOX

LONG PASTA	1 packet
SLIVERED ALMONDS	1 packet
SHALLOT	1
TOMATOES	2
BASIL PESTO CHICKEN	1 packet
CAPERS	1 jar
BABY SPINACH	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, balsamic vinegar

KEY UTENSILS

saucepan, 2 frypans

NOTES

For a more adventurous flavour, use fennel seeds and chilli flakes in the vegetables. Add some crushed garlic for extra background flavour.

No gluten option - pasta is replaced with GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta and cook according to packet instructions. Drain pasta.



2. TOAST THE ALMONDS

Toast almonds in a frypan over medium-high heat for 3-4 minutes, or until golden. Remove and reserve pan.



3. SAUTÉ THE VEGETABLES

Add **2 tbsp olive oil** to pan. Slice shallot and dice tomatoes. Add all to pan as you go. Stir in **1 tsp dried thyme** and **1 tbsp balsamic vinegar** (see notes). Cook for 10-12 minutes until softened and reduced.



4. COOK THE CHICKEN

Meanwhile, heat a second frypan over medium heat with **oil**. Add chicken and cook for 8-10 minutes, turning until cooked through.



5. TOSS THE PASTA

Drain and add capers to vegetables along with spinach. Toss in cooked pasta until well combined. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Top pasta with basil chicken and almonds. Bring to the table to serve.

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