

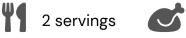


Basil Chicken

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.







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!

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.



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 mediumhigh 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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