



Product Spotlight: Pine nuts

Pine nuts are seeds from pine trees. You'll find them between the scales of pine cones. While all pine trees yield pine nuts, only about 20 species have pine nuts large enough to be worth eating.



Creamy Sun-dried Tomato Pasta with Chicken

A deliciously creamy sauce made from sun-dried tomatoes blended with sour cream tossed with pasta, tender chicken pieces, spinach and finished with toasted pine nuts.



30 minutes



2 servings



Chicken

Cooking for little ones

You can cook the whole chicken schnitzels and shred them before returning to the sauce for smaller bites. Finely chop the spinach before tossing it through the pasta to hide the greens.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	93g	27g	217g

FROM YOUR BOX

SHORT PASTA	1 packet
SUN-DRIED TOMATOES	1 packet
SOUR CREAM	1 tub
PINE NUTS	1 packet
CHICKEN SCHNITZELS	300g
BROWN ONION	1
TOMATO	1
ENGLISH SPINACH	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

Skip step 2 and add sun-dried tomatoes and sour cream straight into step 5 instead.

You can cook the chicken separately and serve on top of the pasta if preferred!

No gluten option – pasta is replaced with 250g GF pasta.



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1. COOK THE PASTA

Bring a saucepan of water to a boil. Add 1/2 packet pasta to boiling water and cook according to packet instructions or until al dente. Reserve **1 cup cooking water** before draining.



2. BLEND THE SAUCE

Roughly chop **sun-dried tomatoes** and blend with **1/4 cup water** and **sour cream** using a stick mixer or blender until smooth (see notes). Set aside.



3. TOAST THE NUTS

Add **pine nuts** to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Remove and keep pan on heat.



4. COOK THE CHICKEN

Add **1 tbsp oil** to pan. Dice **chicken**, **onion** and **tomato** and add to pan (see notes). Stir in **2 tsp oregano** and **1 tbsp balsamic vinegar**. Cook, semi-covered for 8-10 minutes until chicken is cooked through.



5. TOSS THE PASTA

Trim, rinse and chop **spinach**. Add to pan with sauce, cooked pasta and **1/2 cup reserved cooking water** (use more if needed). Toss until well combined and **spinach** has wilted. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Garnish pasta with toasted pine nuts and serve at the table.

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