



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Wholemeal bread

Wholemeal bread is higher in fibre, vitamins and minerals than white bread. Plus, it keeps you feeling full for longer and it tastes great! It's a win-win... win!

## 3 Italian One-Pan Chicken with Garlic Bread

Recreate the aromas of an authentic Italian meal in your very own kitchen with this one-pan chicken dish with homemade garlic bread.



35 minutes



4 servings



Chicken

15 June 2020

## Short on time?

Make this a quick Italian style stew by adding all ingredients to a large pan, cover and cook on the stove top instead. Add in enough water to cover the chicken.



## FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
ENGLISH SPINACH	1/2 bunch *
CHOPPED TOMATOES	400g
DICED CHICKEN BREAST FILLET	600g
GREEN OLIVES	1 jar
CARAMELISED BALSAMIC	40ml *
BASIL	1 packet
BREAD LOAF	1
MESCLUN LEAVES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive/butter + oil (for cooking), salt, pepper, 2 garlic cloves, dried oregano

## KEY UTENSILS

oven dish, oven tray

## NOTES

Wrap in aluminium foil or baking paper if you want the bread warmed but not too crispy. Or, simply keep it as-is for a quicker option.

Toss mesclun leaves with a dash of olive oil and vinegar before serving if you prefer!

**No gluten option - bread is replaced with GF bread.**



### 1. PREPARE THE VEGETABLES

Set oven to 250°C.

Slice onion and zucchini. Wash and chop spinach. Add to a lined oven dish and toss with **1 tbsp oil and 2 tsp oregano**.



### 2. ADD THE CHICKEN

Add the tomatoes, chicken, drained olives and caramelised balsamic dressing. Season with **salt and pepper**. Cover and place in oven for 30 minutes (check and stir halfway through).



### 3. MAKE THE BREAD

Chop basil (keep some for garnish) and crush **2 garlic cloves**. Mix with **3 tbsp olive oil/butter**. Slice bread 3/4 of the way and spread with basil-garlic mixture. Place on a tray in the oven for 5 minutes to crisp (see notes).



### 4. FINISH AND PLATE

Stir chicken and season with **salt and pepper**. Serve with mesclun (see notes) and garlic bread.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

