





CReamy Chicken Pasta

Long pasta served in a creamy sauce with chicken strips, fresh cherry tomatoes and corn.







FROM YOUR BOX

LONG PASTA	1/2 packet
CHICKEN STIR-FRY STRIPS	300g
CHERRY TOMATOES	1 packet
CORN COB	1
BOSCAIOLA SAUCE	1 pouch

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried herb of choice (optional)

cooking tools

large saucepan, large frypan

The chicken and sauce are delicious to serve over rice, also with a side salad or topped with fresh herbs.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - pasta is replaced with GF pasta.



1 Boil the Pasta

Bring a saucepan of water to a boil. Add pasta and cook according to the packet instructions or until cooked al dente. Stir occasionally then drain.

The sauce will stretch over 500g pasta if you'd like to cook the whole packet. Makes great leftovers!



4. Stir in Sauce & Pasta

Stir in boscaiola sauce and simmer for 3-4 minutes. Toss in pasta and combine well. Season to taste with **salt and pepper** (if needed).

Add a little water to pan if needed.

We added 1/2 cup water to loosen
the sauce.



2. Cook the chicken

Heat a frypan with **oil** over mediumhigh heat. Add chicken and cook for 5 minutes until golden. Season with **salt and pepper.**

Add 1/2-1 tsp dried oregano for extra flavour. Other herbs like rosemary or thyme would work well too!



5. finish and serve

Serve pasta in shallow bowls at the table.



3 aDD the vegetaBLeS

While the chicken is cooking, halve or quarter cherry tomatoes and remove corn kernels from cob. Add to the frypan as you go.