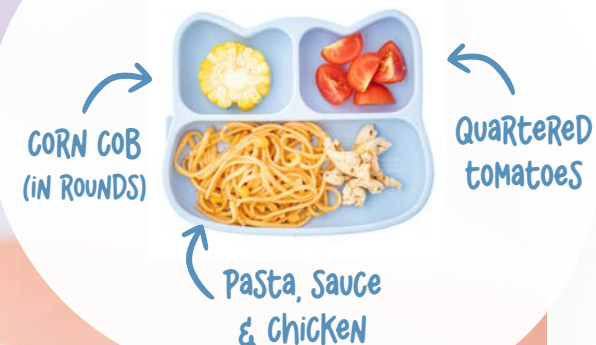


for the
little ones

CREAMY Chicken Pasta

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



20 Minutes



4 Servings



Chicken

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FROM YOUR BOX

LONG PASTA	1 packet
CHICKEN STIR-FRY STRIPS	600g
LEEK	1
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 large saucepan of water to a boil. Add pasta and cook according to the packet instructions or until cooked al dente. Drain.

tip Stir a few times to ensure the pasta doesn't stick together.



4. Stir in the Sauce

Stir in boscaiola sauce and simmer for 5 minutes.

tip 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 medium-high heat. Add chicken and cook for 5-7 minutes until golden. Season with **salt and pepper**.

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



5. Toss the Pasta & Sauce

Toss pasta into sauce and stir to combine. Season to taste with **salt and pepper** (if needed).

tip Serve the pasta and sauce separately if preferred!



3. Add the Vegetables

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



6. Finish and Serve

Serve pasta in shallow bowls at the table.