




### Product Spotlight: Mushrooms


Mushrooms are packed with protein, minerals and vitamins and are in fact one of the few natural sources of vitamin D which is great for strong healthy teeth and bones!



## 2 Sun-dried Tomato Chicken with Bean Pasta

Mung bean rotini pasta tossed with a creamy sun-dried tomato sauce, sautéed mushrooms and kale alongside golden oregano chicken.

 30 minutes

 2 servings

 Chicken

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### Spice it up!

For more depth of flavour you can add some crushed garlic, dried chilli flakes or lemon juice to the sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	106g	18g	157g

## FROM YOUR BOX

BEAN PASTA	1 packet
CHICKEN BREAST FILLET	300g
SUN-DRIED TOMATOES	1 packet
NATURAL YOGHURT	1 cup (250ml) *
SNOW PEAS	1/2 bag (75g) *
MUSHROOMS	200g
KALE	1/2 bunch *
PARSLEY	1/4 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano

## KEY UTENSILS

2 frypans, saucepan, stick mixer or blender

## NOTES

Loosen the pasta sauce with some water if needed.

Slice the chicken and toss through pasta if preferred.



### 1. COOK THE PASTA

Bring a saucepan of water to boil. Add pasta and cook for 7 minutes or until al dente. Drain and set aside.



### 2. COOK THE CHICKEN

Cut chicken in half to form schnitzels. Coat with **1/2 tsp oregano**, **1/2 tbsp oil** from tomatoes, **salt and pepper**. Cook in a frypan over medium-high heat for 5–6 minutes each side or until cooked through. Remove from pan.



### 3. MAKE THE SAUCE

Meanwhile, blend 1/2 the sun-dried tomatoes (slice remaining) with yoghurt using a stick mixer. Set aside.



### 4. SAUTÉ THE VEGETABLES

Heat a second frypan to medium heat with **oil**. Trim and slice snow peas. Slice mushrooms and kale leaves. Add to frypan as you go. Cook for 5 minutes until softened.



### 5. TOSS THE PASTA

Take frypan off heat. Toss in cooked pasta, sauce and remaining tomatoes until combined. Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Divide pasta and chicken among plates. Garnish with chopped parsley.

**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**

