



Product Spotlight: Garlic

Garlic is rich in sulphur, which can give us health advantages in a variety of body systems, this includes our immune, cardiovascular and digestive systems!



Brown Butter & Garlic Pasta with Roast Chicken

Tagliatelle pasta tossed through a sweet roasted garlic, brown butter and lemon sauce with roasted cherry tomatoes served with skin-on roasted chicken breast, crispy capers and fresh rocket leaves.



35 minutes



2 servings



Chicken

Toppings!

Add bread crumbs and dried chilli flakes to the frypan when cooking crispy capers. You can also top your pasta with parmesan cheese, labneh, burrata or mozzarella.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	13g	26g

FROM YOUR BOX

GARLIC	1 bulb
CHERRY TOMATOES	200g
SKIN-ON CHICKEN BREAST FILLET	300g
BABY CAPERS	1 jar
LEMON	1
LONG PASTA	1 packet
ROCKET LEAVES	60g
BUTTER PORTION	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon (see notes)

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

Substitute dried tarragon with dried or fresh oregano, thyme or rosemary.

No gluten option – pasta is replaced with gluten-free pasta.



1. ROAST THE CHICKEN

Set oven to 220°C.

Halve **garlic bulb**. Place in a lined oven dish cut-side down along with **tomatoes, oil, salt and pepper**. Toss to coat. Slash **chicken** in 3-4 places. Coat with **oil, 1 tsp tarragon, salt and pepper**. Add to oven dish and roast for 25-30 minutes until **chicken** is cooked through.



2. MAKE THE TOPPING

Bring a saucepan of water to a boil.

Drain **capers** and pat dry. **Zest and juice lemon** (reserve juice for step 4). Heat a large frypan over medium-high heat with **oil**. Add **capers and lemon zest**. Cook for 5 minutes until **capers** are crispy. Remove to a bowl and reserve pan.



3. COOK THE PASTA

Add **pasta** to boiling water and cook until al dente. Reserve **1/2 cup cooking liquid**. Drain **pasta**.



4. MAKE THE SAUCE

Reheat frypan over medium-high heat with **1 tbsp olive oil** and **butter**. Cook, stirring occasionally, until **butter** begins to brown. Squeeze **garlic cloves** into pan. Add **lemon juice** and **reserved cooking liquid**. Cook, stirring, for 5 minutes.



5. TOSS THE PASTA

Add **pasta** and **roasted tomatoes** to frypan with sauce. Toss to coat. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice **chicken**.

Divide **pasta** among shallow bowls along with **rocket leaves**. Top with **crispy capers** and serve with **sliced chicken**.



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