




Product Spotlight: Mozzarella


Because it's stored in brine or whey, fresh mozzarella stays moist and tender. This liquid also helps preserve its delicate flavour.



Arrabbiata Chicken Parmi

Crispy panko-crumbed chicken parmigiana meets fiery arrabbiata pasta, with rigatoni tossed in spicy tomato sauce and topped with golden chicken breast, creamy mozzarella, basil and rocket.

 40 minutes

 2 servings

 Chicken

Switch it up!

Turn it into a quick oven bake: assemble everything in an oven dish, top with mozzarella and grill until golden and bubbly.

Per serve: **PROTEIN** 53g **TOTAL FAT** 22g **CARBOHYDRATES** 79g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
RED CHILLI	1
CHICKEN BREAST	300g
PANKO CRUMBS	50g
RIGATONI PASTA	1 packet
TOMATO PASTE	1 sachet
TOMATO PASSATA	1 jar
FRESH MOZZARELLA	1
ROCKET LEAVES	60g
BASIL	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans, saucepan

NOTES

Stir in a handful of pitted olives or capers to the sauce for added briny depth.

If desired, dress rocket leaves with olive oil and vinegar or lemon juice.

No gluten option - pasta is replaced is replaced with GF pasta, panko crumbs are replaced with almond meal.



1. PREPARE THE INGREDIENTS

Slice **onion** and **chilli**, crush **garlic clove**. Roughly chop **basil leaves**.

Transfer **panko crumbs** to a bowl or plate. Halve **chicken** and coat with **oil** and season with **salt and pepper**. Press into **crumb** to coat.



4. MAKE THE SAUCE

Reheat frypan over medium-high heat with **oil**. Add **onion** and **garlic**. Sauté for 3 minutes until **onion** has softened. Add **chilli, tomato paste** and **chopped tomatoes**. Simmer for 5 minutes until thickened.



2. COOK THE PASTA

Bring a saucepan of water to a boil. Add **1/2 packet pasta** and cook according to packet instructions or until al dente. Reserve **1 cup cooking liquid** and drain **pasta**.



5. TOSS THE PASTA

Add **cooked pasta** to **sauce** along with **1/2 cup cooking liquid**. Toss until **pasta** is coated in **sauce**. Add **extra cooking liquid** if necessary to loosen the **sauce**. Remove from heat and season to taste with **salt and pepper** (see notes).



3. COOK THE CHICKEN

Heat a large frypan over medium-high heat with **oil** to cover base of pan. Add **crumbed chicken** and cook for 6-8 minutes on each side or until golden and cooked through. Remove to a plate and keep pan over heat.



6. FINISH AND SERVE

Divide **pasta** among shallow bowls along with **rocket leaves** (see notes). Add **chicken**, spoon over **reserved sauce** and top with **mozzarella**. Garnish with **basil**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

