




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** 69g **TOTAL FAT** 22g **CARBOHYDRATES** 80g

FROM YOUR BOX

GARLIC	1 bulb
CHERRY TOMATOES	200g
SKIN-ON CHICKEN BREAST FILLET	300g
BABY CAPERS	1 jar
LEMON	1
TAGLIATELLE PASTA	250g
BUTTER	1 piece
ROCKET LEAVES	60g

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 – tagliatelle is replaced with gluten-free pasta. Cook according to packet instructions or until al dente.



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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