



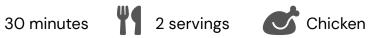


Chicken Cacciatore

with Green Tagliatelle

Rustic chicken cacciatore with flavours of garlic, onion, fresh thyme and olives cooked with mushrooms and capsicum in a tomato based sauce and served over green spinach tagliatelle.







Slow cook it!

Cook the chicken with chopped tomatoes, garlic, onion, thyme and oregano in your slow cooker. Pan-fry mushrooms and capsicum to stir through at the end.

PROTEIN TOTAL FAT CARBOHYDRATES

80g

22g

239g

FROM YOUR BOX

CHICKEN THIGH FILLETS	300g
RED ONION	1
YELLOW CAPSICUM	1
GARLIC CLOVES	2
MUSHROOMS	150g
FRESH THYME	1 packet
FRESH THYME CHOPPED TOMATOES	1 packet
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CHOPPED TOMATOES	400g
CHOPPED TOMATOES TAGLIATELLE	400g 250g

FROM YOUR PANTRY

oil for cooking, olive oil, balsamic vinegar, salt, pepper, dried oregano, flour (plain or other)

KEY UTENSILS

saucepan, frypan

NOTES

If needed you can balance the flavours of the sauce by adding 1/2 tsp sugar at step 5.

No gluten option - tagliatelle is replaced with GF pasta.





1. BROWN THE CHICKEN

Bring a saucepan of water to a boil (for the tagliatelle).

Halve chicken thigh fillets and dust in 1-2 tbsp flour. Heat a frypan with oil over high heat. Add chicken and cook until golden, season with salt and pepper.



2. ADD THE VEGETABLES

Slice and add red onion, capsicum and crushed garlic. Thickly slice mushrooms and add to pan as you go with **2 tsp dried oregano** and thyme leaves from 1/4 packet.



3. SIMMER THE SAUCE

Stir in chopped tomatoes and 1/2 tin water. Semi-cover and simmer for 15 minutes.



4. COOK THE PASTA

Add pasta to the boiling water. Cook for 5-6 minutes or until cooked al dente. Drain and rinse. Toss with 1 tbsp olive oil, salt and pepper.



5. ADD THE OLIVES

Drain, rinse and halve olives. Stir into sauce and adjust seasoning to taste with 1-2 tsp balsamic vinegar, salt and pepper.



6. FINISH AND SERVE

Serve tagliatelle topped with chicken cacciatore and fresh rocket leaves. Sprinkle over extra thyme leaves to taste.

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



