



Product Spotlight: Kalamata olives

Olive trees originate from the coast of the Mediterranean Sea and western Asia. One of the oldest known olive trees is on the island of Crete, is about 4000 years old and still produces olives.



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.



30 minutes



2 servings



Chicken

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.

Per serve:	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
CHOPPED TOMATOES	400g
TAGLIATELLE	250g
BLACK OLIVES	100g
ROCKET LEAVES	60g

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.



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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.

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